

Race Information

Middle World Championship, WQF World Cup Race

Gyékényes Kotró lake,

Hungary

18.05.2025

EXTREMAMAN
Gyékényes
Quadrathlon



Version: 28.04.2025

Distance

1,5k Swim – 40k Cycle - 10k Kayak — 10k run

Organizer

- ExtremeMan Kft.
- Gyula Herr, Zsófia Péter
- extrememan@extrememan.hu, zsofiapeter@extrememan.hu
- +36 30 4730464
- www.extrememan.hu

Race location

- Gyékényes Kotró Lake: Lat: 46.242156, Lon: 16.977904

Categories

- Solo (Age Groups after WQF Rules)
- Ladies and Men Relays (mixed teams are classified as men)
- Awards: medals for 1-3 places in every category if at least 3 finisher in the age group

Timetable

- Pick up Race Numbers: 9.30 -11.00
- Check-IN: 10:20 – 11:35
- Race Briefing (in English): 11:20
- Race Start: 11:50
- Cutoff Time: no
- Check-OUT: 15:00-17.00
- Ceremony: 17:00

Registration

Registration is in 2 steps! After the registration there is a compulsory starters package to be chosen.

- Solo Category 25.000 HUF until 31 March, 30.000 HUF until 10 May
- Relay 31.000 – 41.000 HUF/team depending on number of participants
- Registration deadline: 10.May
- Registration page: <https://extrememan.nevezo.hu/register>
- Starting list: <https://extrememan.nevezo.hu/nevezesilistas>
- Results after the race: <https://eng.evochip.hu>

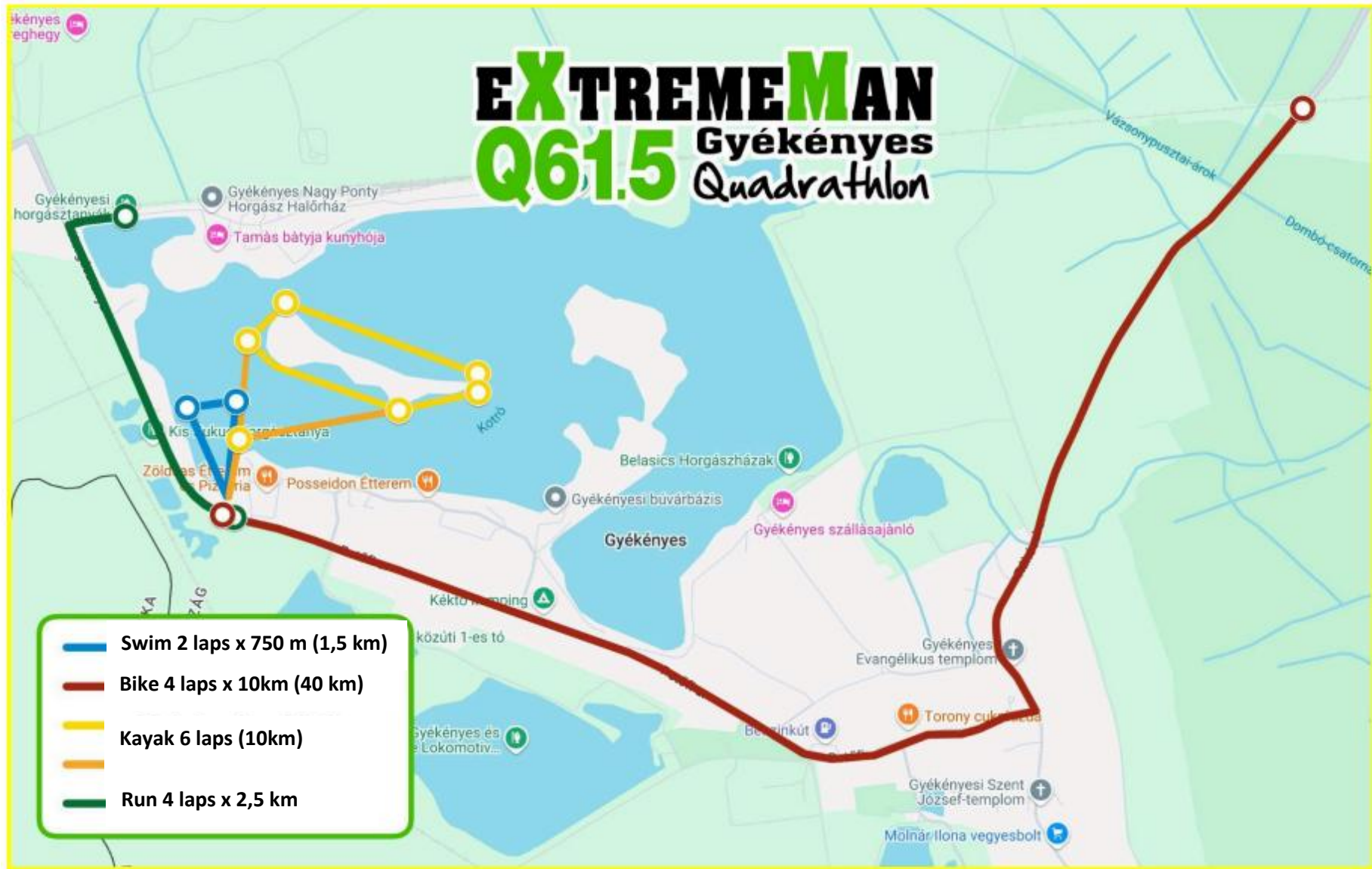
Maps

- Swimming in Kotró Lake 2 lap counterclockwise
- Cycling on the roads beside Gyékényes, 4 x 10 km laps on closed roads (elevation 10 m / lap).
- Kayak: on Kotró Lake, 6 laps around the island (1st lap 1,8 km 2nd-5th laps: 1,6 km, 6th lap 1,8 km)
- Running on the lakeside trail a 4 x 2,5 km lap
- Lake can be rather wavy in case of windy weather conditions!

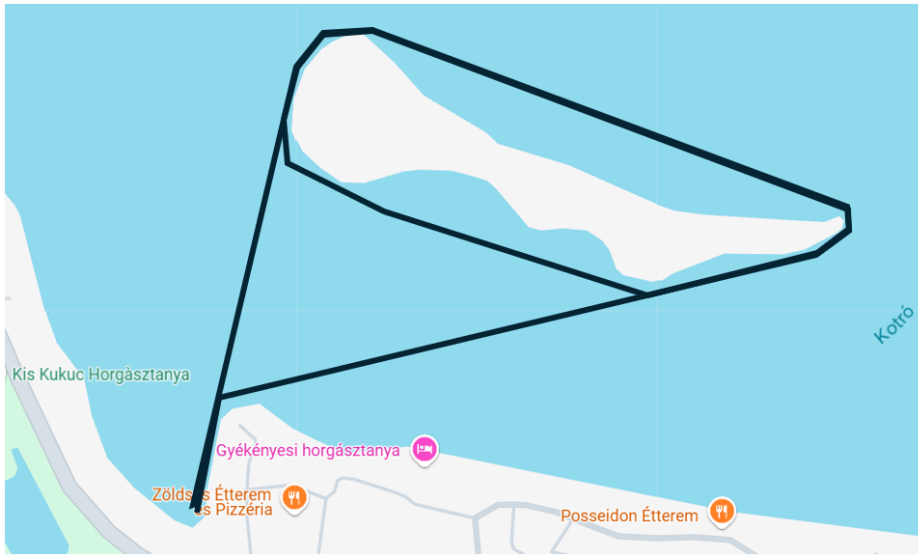
Transition:



Overview:



Kayak course (6 laps counterclockwise)



Refreshment

Refreshment in the race center (after swim, bike, kayak, running),

Rules

- The race is under the rules of the WQF: <https://www.quadrathlon-online.de/wqf/WQF-Sport-Order.pdf>
- Abstract:
 - o no race-number under the wetsuit, no-Drafting at the bike, Helm must close at the bike, no crossing of the middle line at the bike
 - o not to throw anything away
 - o life jacket can be obligatory (also short term)

Others

The race is organised together with a sprint and Olympic distance triathlon race. Start is separated from the triathlon.

- Individuals and relays start at the same time. Individual competitors can be members of a relay team.
- Near the racecourse, we provide a free campsite. Toilet, washbasin, cold water shower.