

## Race Information

### WQF World Championship Race Middle Distance WQF World Cup Race

Tiszafüred  
Hungary

10.09.2023



Version: 06.06.2023

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### Distance

1,5k Swim – 40k Cycle – 9k Kayak – 10k run

### Organizer

- Sri Chinmoy Marathon Team
- Hagzó László, Kávai Csaba
- [info@srchinmoyversenyek.hu](mailto:info@srchinmoyversenyek.hu) [kavai.csaba@gmail.com](mailto:kavai.csaba@gmail.com)
- +36 707028105, +36 707028117
- <https://hu.srchinmoyraces.org/en-triathlon-quadrathlon-tiszafured>

### Race location

- Tiszafüred, Free beach, Harbor Boulevard
- Lat: 47.625185, Lon: 20.736710

### Categories

- Solo (Age Groups after WQF Rules)
- Awards: medals for 1-3 places in every category

### Timetable

- |                               |               |                         |
|-------------------------------|---------------|-------------------------|
| - Pick up Race Numbers:       | from 9.30     | Race Center at the Lake |
| - Check-IN:                   | 10:00 - 10:45 | Race Center at the Lake |
| - Race Briefing (in English): | 10:45         | Race Center at the Lake |
| - Race Start:                 | 11:00         | In the Lake             |
| - Check-OUT:                  | 15:00         | Race Center at the Lake |
| - Ceremony:                   | 16:00         | Race Center at the Lake |

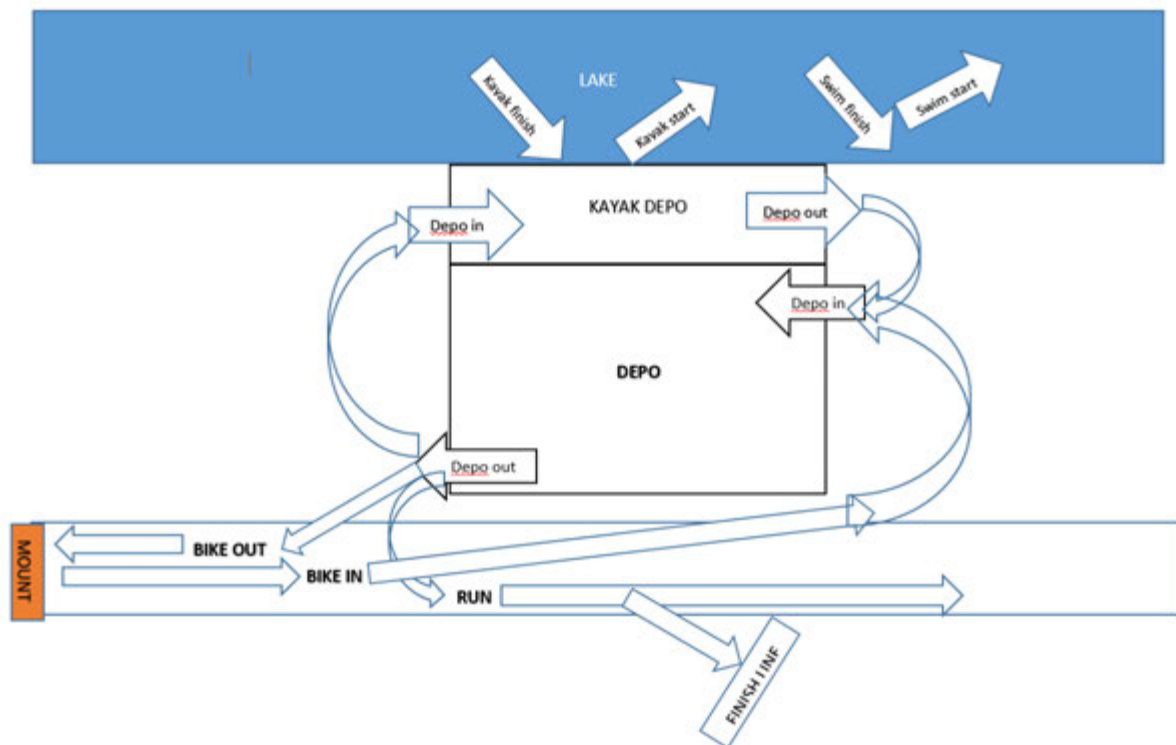
## Registration

- All Categories (IBAN: HU67 10700622 45314807 51100005 / BIC (SWIFT): CIBHHUHB)  
until 31.07.: 19,000 HUF  
until 21.08: 23,000 HUF  
until 04.09 (without T-shirt): 27,000 HUF  
there is no on-site registration! on-line registration is closing on 04.09.2023
- Registration page:  
[http://korido.hu/2023TiszafuredTriatlon\\_reg](http://korido.hu/2023TiszafuredTriatlon_reg)
- Starting list:  
[http://korido.hu/2023TiszafuredTriatlon\\_list](http://korido.hu/2023TiszafuredTriatlon_list)
- Results after the race: <http://korido.hu/>
- 2000 HUF caution for the Chip payable in cash at the registration

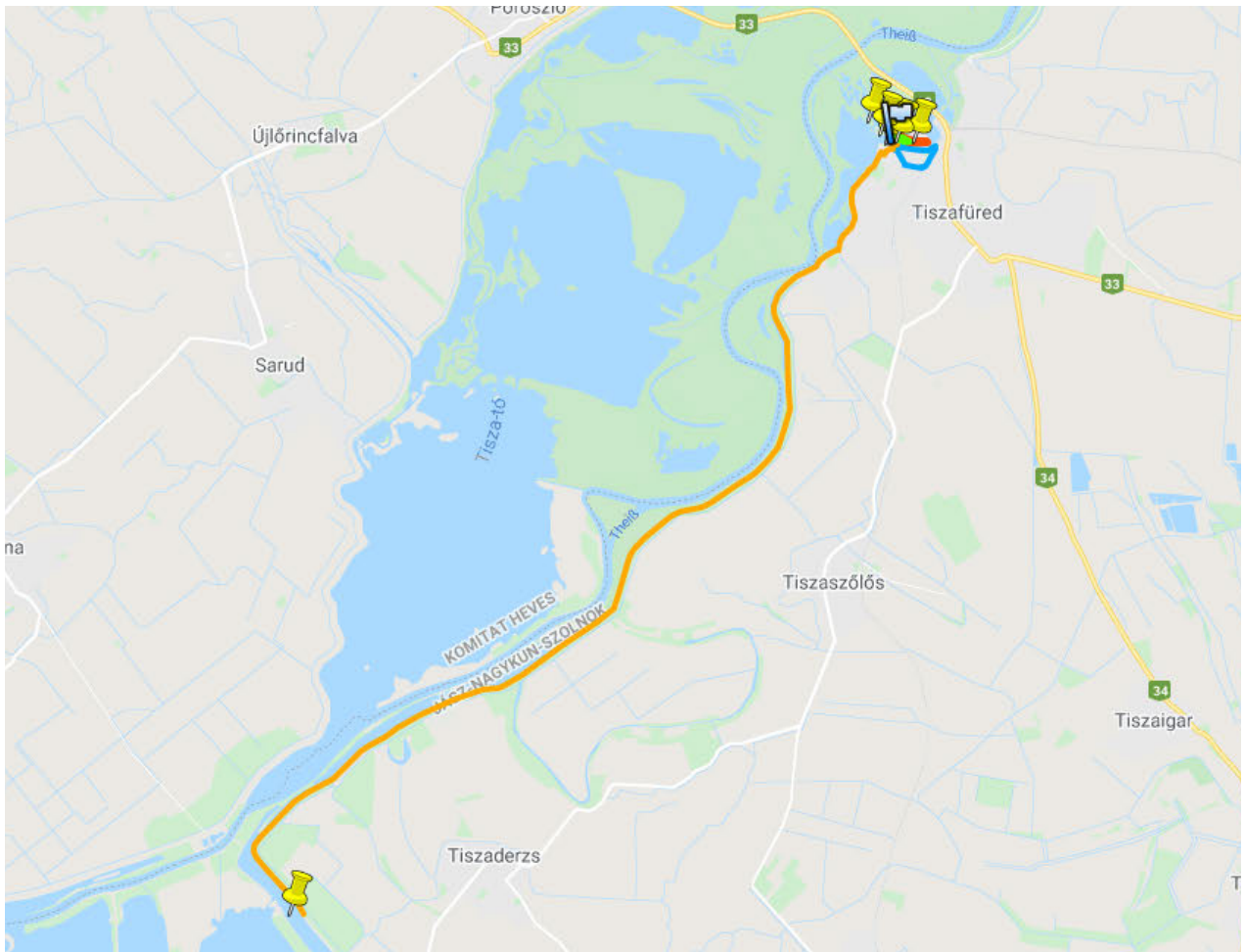
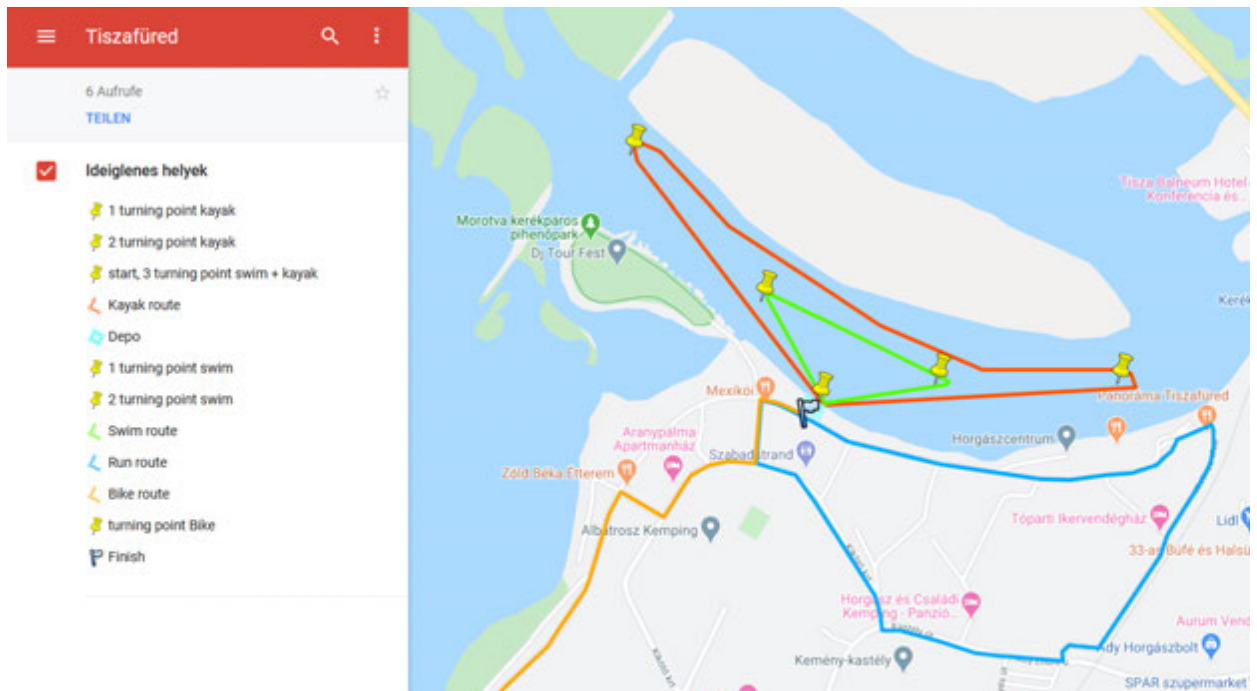
## Maps

- Swimming in Tisza Lake 2 laps counterclockwise
- Cycling on the roads on Tisza dam, 1 laps on partly closed good surface flat roads
- Kayak: on Tisza Lake, 6x1,5 km laps counterclockwise
- Running on the lakeside roads, partly asphalt partly good quality trail road on a 5x2 km laps (flat)

Transition:



Overview:



Details: [https://drive.google.com/open?id=1UBF7kZblscH87ORCFiA378b\\_GggtbEC6&usp=mail](https://drive.google.com/open?id=1UBF7kZblscH87ORCFiA378b_GggtbEC6&usp=mail)

## Refreshment

In the Transition. At the end of every lap on the running course. In the Finish.

## Time limits

50 minutes to start cycling

2 hours 30 minutes to start kayaking

4 hours to start running

5 hours 15 minutes to finish running

## Rules

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

## Rental

- Kayaks can be rented out from the local kayak Club:
- Located 1 km from the venue
- Contact: Tibor Virág (kajakvirag@gmail.com, +36 202589554),
- Price: 30 EUR/day, payment in cash

## Others

- The race is organised together with a middle distance triathlon race. Start is separated from the triathlon.
- Near the racecourse, there are more campsites. At the race centre restaurants, toilet, washbasin, cold water shower.