

austria extreme

TRIATHLON

Journal

2024



Individual starters
& teams
Inclusion at the autXtri
An interview
with Felix Walchshöfer
and much more



3,8 km



186 km



44 km

+5.800 m



RUN
200
DIE ROSTIGEN NÄGEL

Cycle Chick

Die Rostigen Nägel

RUNNING

RUNNING



Maria Schwarz

President

Dear athletes, supporters and friends of the Austria eXtreme Triathlon

The fourth issue of the Austria eXtreme Triathlon Journal is now in front of you. In this issue, we have endeavoured to tell a wide variety of stories from people who often work in the background to give you a better insight behind the scenes.

For us as the organising team, this is the 10th edition of the Austria eXtreme Triathlon. The first film, made by Hugo Schwarz, went online on 4 October 2014 and none of us knew where the journey would take us. For you as an athlete, supporter or friend of the Austria eXtreme Triathlon, this is the ninth edition: the Austria eXtreme Triathlon will take place for the 9th time on 22 June 2024.

We look back on many wonderful moments, but also a lot of disillusionment and the realisation of the machinery we set in motion with the idea of creating a triathlon like this. The active support of our great volunteers, partners and sponsors enabled us to realise a great deal. A big thank you to everyone who has remained loyal to us. We are very proud to feel that so many hands are offering their support.

Standing still is not good and so we are always keen to introduce new things. This year, a blind athlete is competing for the first time. I am particularly pleased about this. Even knowing that it will be a big challenge. But we don't just want to talk about inclusion, we also want to put it into practice and this will finally be visible this year.

In November 2023, we received the coveted ÖTRV award for the best event for the third time. Achieving this as a small club is good for the soul. Of course, all individual and team starters for 2024 are also listed in this journal.

Please really take the time to read through our Stroßnbuch. There you will find detailed information about the Austria eXtreme Triathlon and the course description.

I hope you enjoy reading it and look forward to meeting you in person at the briefing.

Your Maria Schwarz



Foreword

Christopher Drexler & Dr. Werner Leitner



© Stefanie Pulsinger

Ladies and gentlemen!

Styria and sport simply belong together. Whether it is the many sporting events in our province or private sporting activities, sport and exercise inspire countless Styrians. Of course, it is particularly impressive when this joy of sport leads to top sporting performances and athletes exceed their limits.

The Austria eXtreme Triathlon on 22 June is an extreme challenge that will take the athletes from Graz all the way up to the Dachstein across the country and demand a lot from them. I would like to take this opportunity to thank the Austria eXtreme Triathlon Association and President Maria Schwarz for organising this event and wish everyone who takes on this challenge every success!

A Styrian „Glück auf“!

Christopher Drexler

Governor of Styria



Dear starters!!

As a representative of this organisation, I am delighted to see an event like this at home in Styria. I don't know if you are aware of this, but the Austria X-trem was voted event of the year for the 3rd time in a row by the Austrian Triathlon Federation or by the fans via an online vote. I would probably rightly say that the fan community is so large. I think the term „unique“ describes it well, the atmosphere is amazing, you, the participants, are sensational and hats off to all the helpers and, of course, the organisers!

Stay healthy and see you soon!

Dr. Werner Leitner

President of the Styrian Triathlon Federation

Foreword

Bgm. Erich Gosch & Bgm. Ernst Fischbacher



Dear athletes

After ten years, the „Austria eXtreme Triathlon“ has a special significance. Due to the warm and loving, but perfect organisation, the atmosphere and, above all, the resulting performances are fascinating.

Outstanding sporting performances as a result of long and hard training periods and the crowning willpower of the athletes make this day across the fascinating landscape of Styria something unique.

Participants from all over the world enrich this sporting experience with their participation and the appreciation they show.

I am happy to support this special event with pride and humility towards all those involved and look forward to another eventful day.

A Styrian good luck says

Erich Gosch

Mayor of Feldkirchen near Graz



The municipality of Ramsau is delighted to welcome the sporting elite every year as part of the Austria extreme triathlon event, venue and finish line at the foot of the Dachstein. From the very beginning, we have seen ourselves as part of the family with good co-operation and appreciation and are proud to be able to provide a location for these special requirements.

We look forward to seeing you again.

Greetings from the Ramsau.

Ernst Fischbacher

Mayor of Ramsau am Dachstein

Foreword

Bgm. Franz Zach & Dir. Georg Bliem



© Stefanie Pulsinger

Dear ladies and gentlemen!

Dear sportswomen and sportsmen!!

Pain, exhaustion, despair – exploring physical and mental limits is the challenge for anyone who has decided to take part in the Austria extreme triathlon. I take my hat off to everyone who feels ready for it and wish them a successful triathlon. It is the performance that counts, but it is all the more pleasing for me as one of the Styrian mayors and, what's more, in the beautiful Enns Valley, to contribute to the fact that our region is the perfect setting for such an event. I am convinced that our picture-book region will contribute to the motivation to achieve the goal. Above all, I would like to thank the organising team for making it possible for the winner's ceremony to take place in the market town of Öblarn.

Best wishes from the market town of Öblarn

Franz Zach

Mayor of the market town Öblarn



The participants of the Austria eXtreme Triathlon push themselves to the limits of what is possible by taking on this true adventure. It is a special honour that the route leads all the way to the Dachstein valley station, as the Dachstein is not only one of Austria's most famous mountains, but also a symbol of endurance and overcoming.

As contributors to this extraordinary journey, we wish all participants every success in this endurance race that will take them from the Mur near Graz to the majestic Dachstein".

Dir. Georg Bliem

CEO Planai-Hochwurzen-Bahnen

Foreword

Bgm. Elke Kahr & Kurt Hohensinner



© Stadt Graz/Foto Fischer

As the mayor of a city that values exercise and sport, I am delighted that the Austria eXtreme Triathlon is starting in Graz. Not everyone will see the finish line in this demanding challenge, but they will nevertheless take home unforgettable memories of some of the most impressive landscapes in our country.

I wish the organisers every success and all participants a successful and accident-free triathlon!

Elke Kahr

Mayor of the City of Graz



© Stadt Graz/Foto Fischer

Dear sports enthusiasts!

Graz needs more exercise: As the sports department, it is our central task to get the people of Graz excited about more exercise and sport. It is particularly important to get children and young people involved in sport and to enable them to experience the positive health, social and integrative effects of sport from an early age, so to speak. To do this, we need committed and reliable partners to support us. The numerous sports clubs are the indispensable backbone of the sports city of Graz.

In addition to the sports clubs, it is sporting events such as the Austria eXtreme Triathlon that fascinate people and can generate interest and enthusiasm for exercise and sport, especially among children and young people. In addition to the incredible 3.8 kilometres of swimming in the Mur in Graz, there are 230 kilometres of cycling and running with almost 6000 metres of altitude to complete. I have the utmost respect for all of them for taking on this eXtreme challenge on this fascinating course.

I wish all participants an unforgettable, fantastic sporting experience at the eXtreme Triathlon and would like to thank the organisers for their commitment.

Kurt Hohensinner

Sports city council



Together with 4 other countries, it was not easy to set up a unique and unforgettable project, but the efforts were worth it, says Maria Schwarz, President of the Austria eXtreme Triathlon. Every successful participation will be rewarded with a puzzle medal. Those who have mastered five eXtrem Triathlons in three years will hold a unique trophy in their hands. Every collected puzzle medal finds a worthy place in this trophy. Even in the Extreme Triathlon Series, each individual triathlon remains independent and maintains its own personal philosophy. Strength, intelligence, emotion - a successful triathlete needs all of these. This is exactly what will be put to the test on all 5 courses.

The Extreme Triathlon Series started in 2021 in Spain



Pirene Xtreme Triathlon, 01.06.2024

will start in Terradets Reservoir. Athletes will cross part of the Pyrenees and experience the unique flora and fauna of the region along the route. This particularly demanding triathlon includes an altitude climb of 4400 m, which will be covered by bike over a distance of 177 km and a 40 km trail run. The latter takes participants to the highest point of the route - the Prat De Bacies plateau, 2200 m above sea level. This triathlon puts body and mind to a demanding test, which is not only rewarded with the finish. Majestic mountains, unique landscapes and historic villages are part of the route that make the triathlon unforgettable.



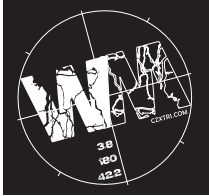
Austria eXtreme Triathlon, 22.06.2024

starts in the south of Graz. A jump into the cold water of the Mur forms the starting signal. Even in midsummer, its temperatures do not exceed 14 °C. The 3.8 km swim is followed by 186 km of cycling and 44 km of running. But it is not the length of the course that is the real challenge. During the bike course, the participants are exposed to a difference in altitude of almost 3900 m. The subsequent run course has 1800 m of altitude. The subsequent run course has 1850 metres of altitude difference. This triathlon means pure nature and leads from lush green fields to the snow-covered mountains of the Dachstein masiv.

STONEBRIXIAMAN XTREME TRIATHLON PONTE DI LEGNO

Stonebrixiaman, 29.06.2024

starts at 4 a.m. with a 3.8 km swim. In Sulzano it's out of the water and onto the bike. The 180 km route leads towards Vello Toline, along the Val Camonica valley and finally ends in the municipality of Ponte di Legno. Now follows a 42 km run. The highest point of the entire route is at 2600 m above sea level. To complete such a demanding triathlon requires a lot of ambition and willpower - and perhaps also some positive insanity.



Winterman, 13.10.2024

A fairytale landscape of the Czech Republic makes the course so special. The extraordinary start of the triathlon alone is something no participant will ever experience again in this form. Everything starts in absolute darkness in ice-cold water. More than 3000 metres of altitude are covered on the bike course, which explains the comparatively low average speed of 20 to 26 km/h. During the 43 km long run, the finish line can already be seen and gives the participants a proper motivation boost. The last part ends with a steep rocky climb up to the 1012 m high Jested, which rewards every finish runner with a breathtaking view, and drives the emotions up high.

KNYSNA EXTREME TRIATHLON

Knysna Extreme Triathlon, 02.11.2024

The race starts with a 5 km swim in the Knysna Estuary lagoon. The following 174 km will be cycled through coastal, mountainous and semi-desert areas. The race continues with a 50 km run along Prince Alfred's Pass. It takes participants through mountain valleys, fields and forests of Karoo to Diepwalle Forest Station. This route not only tests your fitness level, but also your mental strength and fighting spirit.

For more information, please visit: www.xtri-series.com





COMMUNITY OF ÖBLARN

A PLACE WITH CULTURAL DIVERSITY AND LONG-STANDING TRADITIONS

With the „Grimming“ mountain on one side of the valley and the „Gumpeneck“ on the other, the local natural and cultural treasures of the „Ennstal“ come together in the **community of Öblarn**. Rarely have old values been so lovingly preserved over generations and remained unchanged until the present day. The preservation of traditions and customs is at the heart of active village life, which is maintained by the commitment of many locals. This becomes particularly visible every five years during the performances of the largest amateur theater in the Alpine region, the festival **"Die Hochzeit"**, written by the famous **Öblarn poet Prof. Paula Grogger**. At the center of the plot is Archduke Johann, who was the bride's male attendant and used the wedding as an opportunity to meet his beloved Anna Plochl. Lively hustle and bustle on the market square, many conversations about secret love and the worries of the population, as well as almost forgotten traditions, envelop the plot like a cloak. This summer, once again, the village transforms into a stage for over 300 local actors to perform **"Die Hochzeit"** in this unique setting. In addition to the **"Die Hochzeit"**, the **„Öblarner Krampuspiel“** (created around 1890) has also become a cultural highlight, attracting audience from near and far.

The new built event center **"ÖhA - Öblarner Haus für alle"**, also offers space for all kind of performances and is the headquarter for more than 40 associations that ensure strong cohesion. Not only the ÖhA provides the perfect stage for various events, but the **Kunst- und Kulturhaus [ku:L]** association also ensures a varied program and numerous events for culture enthusiasts. Cultural and social cohesion have always contributed to a strong community life.

Especially after the devastating floods in 2017, when the entire town center was flooded due to log jams and the subsequent cleanup could only be accomplished with the help of the population. After this event, a remarkable project was launched in collaboration with „Moosmoar Energies OG“. The **„Wassererlebnis-Öblarn“** - a natural hazard simulation model that conveys information and knowledge in a playful way through target group-oriented tours, strengthening awareness of natural hazards. Numerous schools, senior groups, families, and community delegations have already visited this tourist attraction. Another option is to visit the copper mine **„Kupferbergwerk“**, which offers a glimpse into Öblarn's mining history. For those who want to take to the skies, the **„Alpenflugschule Niederöblarn“** offers opportunities for sightseeing flights, aerobatics, or introductory flights. Guests also appreciate the atmosphere and hospitality encountered in the cafés and restaurants in the community, alongside these attractions and the impressive landscape.



Interview **Erich Schwarz**

Why is the Austria eXtreme Triathlon so close to your heart that you have been a sponsor for years?

The Austria eXtreme Triathlon embodies values such as endurance, discipline and passion, which are also deeply rooted in our corporate philosophy. Our long-standing support of this event shows our commitment to these ideals and our solidarity with this large community.

What is your personal connection to sport?

Personally, I have always had a passion for endurance sports. I find that the challenges and overcoming in sport can say a lot about our character and teach us important lessons for everyday life and business. Sport reminds us that perseverance and persistent pursuit of goals can lead to extraordinary achievements.

What are your wishes for this year's Austria eXtreme Triathlon?

I hope that we experience a safe and successful event that enables new peak performances and personal bests. We at the iQ Group are proud to be part of this great event and look forward to continuing to support the community and the sport.



Erich Schwarz

CEO

iQ Dämmstofftechnik GmbH



Blind triathlete: Emotional adventure at Austria's toughest triathlon!

Athlete Ondrej Zmeskal takes on the challenge of the „Austria eXtreme Triathlon“ and sets an example for inclusion.

On 22 June 2024, history will be made in Styria when Ondrej Zmeskal, who is blind and only 33 years old, becomes the first athlete with a disability to take part in Austria's toughest triathlon. The key data for this event are 3.8 km up&down swim in the Mur, 186 km with 4000 metres of cycling to finally run 43.6 km with 2000 metres of climbing. In an exclusive interview, he gives us an insight into his unique journey and the challenges he has to overcome on the way to the start. Ondrej, who has been addicted to triathlon for several years, has worked his way through a variety of competitions, including World Cups, sprint distances, Xterra and even Ironman events. His love of the sport and constant drive for new challenges eventually led him to the Austria eXtreme Triathlon, a competition known for its extreme conditions.

The organisers of the Austria eXtreme Triathlon have always focu-

sed on the spirit of inclusion and diversity. Through their support and openness, they enable athletes like Ondrej to push their limits while sending a message of inclusion to the sporting world.

„I have been given the opportunity by the organisers to showcase my skills and highlight the importance of inclusion in triathlon,“ explains Ondrej. „It's not only my personal goal, but also a step towards a more inclusive future in sport.“

Preparing for such a competition requires dedication and a smart approach. As a blind athlete, Ondrej relies on his supporter. To prepare for each of the triathlon disciplines, he trains in his home gym and uses simulators for cycling and running while training in the pool with his supporter.

One of the biggest challenges is swimming, where navigation is crucial. According to ITU rules, an 80



cm rope is stretched between Ondrej and his supporter to give him a guideline. Especially in adverse conditions such as wind and waves, this requires maximum coordination and confidence.

Despite the additional difficulties associated with his visual impairment, Ondrej competes like any other triathlete - with the exception of a tandem bike and the permitted rope.

When asked about role models and athletes who inspire him, Ondrej answers modestly: „We like everyone who is friendly and says ‚hello‘ and wants to chat. Every athlete has their own story and challenges,

and that’s what makes the sport so special.”

Ondrej’s participation in the Austria eXtreme Triathlon is not only a personal triumph, but also an inspiring example of the unlimited power of the human will. On 22 June, the world will be looking at Ondrej, who is not only going his own way, but also pioneering work for future generations of athletes with disabilities.

As the organisers of the Austria eXtreme Triathlon have a positive approach to disabled sport, they are looking forward to Ondrej’s participation and wish him every success.

At the heart of triathlon

A dialogue with Felix Walchshöfer

Felix Walchshöfer is the central figure behind the Roth Triathlon, an event that is known far beyond the borders of Germany for its unique atmosphere and challenging course. As part of the family that created this legendary event, Felix shares a deep connection and passion for the sport of triathlon. However, his

vision goes far beyond the competition, creating a community of athletes, volunteers and spectators who come together to push the boundaries of what is possible. Felix Walchshöfer's commitment and dedication have made the Roth Triathlon a must-do event in the calendar of triathletes worldwide.

How do you deal with unexpected problems or emergencies during your triathlon event?

I am very grateful that I have a great team at my side, in which many gears mesh together. The individual sections have years of experience and know how to deal with most situations professionally. If something unforeseen should happen, we have a crisis team made up of emergency services, political institutions and other people involved, who can make quick and efficient decisions in the event of an emergency.

What strategies do you use to attract sponsors and partners for your triathlon events in order to build long-term relationships?

Our goal is to more than fulfil the expectations of sponsors. We always try to find individual solu-

tions for our partners. Together as a team, we also want to find creative ways for new sponsors and think outside the box. This enables us to work together to ensure that the sponsor's goals are achieved in the best possible way. Regular discussions are essential for a trusting partnership.

What trends are you currently observing in the field of triathlon events and how do you plan to adapt to them?

There are two main issues that are challenging for many event organisers. Firstly, the issue of volunteers. We want to offer not only our athletes but also our volunteers a great event. This is only possible with great appreciation. On the Monday after the race, we therefore celebrate a big volunteer party with the volunteers



© Franziska Krois

every year with a raffle, top professionals and a specially made volunteer film.

The topic of sustainability is also becoming increasingly important. We have identified seven topics for ourselves based on the United Nations Sustainable Development Goals, e.g. inclusion and social responsibility. We are of course aware of our responsibility here and want to improve year on year..

What are your future plans and visions for the organisation of your triathlon event?

Especially in times of great social upheaval, we want to provide an

anchor for the triathlon district and all triathlon fans. The race is a good example of how much can be achieved together. Without the support of the municipalities, the fire brigades, our volunteers and the volunteers, an event of this size would not be possible..

How do you deal with personal criticism?

I am very happy to receive constructive criticism, as this is the only way to improve. In our after-race survey, the athletes often tell us what we can improve for the coming year. The feedback is a huge blessing for us..

A dark figure and the Austria eXtreme Triathlon

It's the end of June again. It's night, just before 3am and I'm dodging last night's paintwork on my way through the Mur floodplains in my Ghost Walk costume.

My lamp conjures up thin reflections on the water of the Lacken and the animals in the nearby water world announce loudly that it should be quiet at night. The figures hurrying around with headlamps keep saying „morning“ out loud.

The Austria eXtreme Triathlon starts again today!

It all started with a phone call from a certain Maria Schwarz. We met in Graz, even though I didn't know what I had to do in extreme sports at night. In words that were confusing to me, Mrs Schwarz explained to me what I should do and where.

Good. So, at the very first Austria eXtreme Triathlon, I was faced with a large group of athletes in their wetsuits, who had long since been swimming in the dark waters of the Mur towards the first turning point. A story to loosen things up before the start.

And no matter how hard I tried, only their bodies were standing around impatiently, their minds were already swimming.

It wasn't going to work like that, I realised.

It's somewhere between half and full hour. At half past two, I parked my car along the side road and, to my amazement, other cars were already standing around.

After several years with the eXtreme Triathlon, I have become part of the eXtreme Tri-athlon team. Which makes me really happy. As the presumed only non-athlete.

So I stand off the beaten track so that nobody runs me down at 3 o'clock in the morning because they can't see me in the dark. The figure unfolds in the truest sense of the word as the light increases and the lamp on its stick becomes visible.

The fire brigade with its boat greets me in a friendly manner as it passes by. A crew member has a little chat with me.

The day slowly wakes up and more and more athletes arrive with their coaches. As I'm standing opposite the transition area, I'm visible to everyone.

Some think long and hard about



whether they should approach this figure. There are lots of photos on hundreds of mobile phones, cameras or whatever else you can use to take a photo.

I walk slowly towards the starting area and rather nervous athletes and their carers stumble barefoot past. And when they allow themselves to be photographed with me, I notice how the participant's body relaxes for a moment and only the photo becomes important. And these are

exactly the moments that make me happy.

Because nothing in the world would make me jump into the dark waters of the Mur after the cowbell rang. a lot of boats are waiting for the swimmers so that no one dives off for good.

The Austria eXtreme Triathlon is highly professional and yet warmly familiar.

Which is why I'm here for myself.

Josef Tschida

Ghostwalk of Grätz

The eerily funny walk with stories from history.

Info and events:

www.ghostwalk.at

SO OF SUND



TRASTE



Claudia Müller

Extremsportlerin
Weltmeisterin
Volunteer

Termine:
1. Mai 2024 / 15:00 Uhr
8. Juni 2024 / 18:00 Uhr
20. Juni 2024 / 18:00 Uhr
Auwiesen / Graz - Liebenau

OPEN WATER SWIM

River swimming can be so easy!

austria extreme TRIATHLON



ÖBLARNER HAUS FÜR ALLE

Abschlusszeremonie Meet & Joy

23.6.2024 | 10 Uhr



...and I painted my own world ...

Our long-standing moderator Josef Pflieger provides plenty to talk about with his artistically designed fabrics.



Even as a young primary school pupil, I was fascinated by working with coloured pencils. As a boy from a rather poor rural background, my painting materials were rather limited and a drawing pad with thick, sturdy sheets of paper was out of the question at the time. Of course, additional training in drawing or painting was out of the question either financially or due to a lack of transport to an art teacher. Therefore, the exercise book, the cover of the maths book or just a white sheet of paper was the target of desire to make it colourful.

Vocational training in Vienna, pretty girls and many other interests pushed coloured pencils to the sidelines in his youth. I had to build a life, start a family and plant the famous tree after my daughter Jennifer was born. My job meant that I had to sit at a desk and scribble drawings on my notepad while I was on the phone. At the end of a stressful working day, the desk pad was often full of drawings and so the desire to be creative arose in me again.

A summer academy in Bad Reichenhall was my introduction to the world of painting, or more precisely to oil painting on canvas. Small, medium and large canvases were painted there every summer over

the course of almost 30 years. The result was several hundred paintings, many exhibitions at home and abroad and the desire to paint more than just pictures.

As chance would have it, a colleague of mine in Vorarlberg was able to establish contact with a large weaving mill, a jacquard fabric weaving mill. At first it was just an attempt, a shy enquiry as to whether it would be possible to get my own fabrics from my own paintings. A company that weaves millions of metres of fabric every year and exports the majority of it successfully, I was allowed to talk shop with the development manager over an espresso, paint my castles in the air, with lots of words and enthusiasm. In short, they accepted me and I was allowed to have my own fabrics woven on their machines. I had made the transition from being a painter of motifs from my heart and stomach to a fabric designer. It was as if Easter and Christmas had coincided on the same day when I held the first fabric from the weaving machine of my own oil paintings in my hands. It was unimaginable how fine the fabric was, usable on both sides, Jacquard weaving, and words cannot describe how it felt.



What followed was more than twelve years of involvement with fabric design, design, tailoring and a lot of creativity. The founding of her own company with three trades was a consequence of this. The „normal work“, i.e. the job, was still there and the fact that I was travelling all over Austria made it possible to visit the weaving mill on business trips. A 40-hour week, yes, I didn't know anything like that, but that didn't matter because I drew my own world in pictures, then had them woven and dressed people in them with the help of master tailors. More than

enough compensation for the time spent.

The additional training as a presenter gave and still gives me the chance to wear my own pictures, which I and my daughter have now also painted, in fabric on stage and to advertise them.

Now that I'm retired, or should I say unretired, I've been able to give up my day job and concentrate on my special projects. And for the past ten years, it has been a matter close to my heart to present the Austria eXtreme Triathlon!



Where borders are crossed and community is honoured

From vision to legend in ten years - the toughest race with the warmest team

Since its inaugural edition in 2015, the Austria eXtreme Triathlon has established itself as one of the toughest triathlons in the world, achieving remarkable success in just eight events. This event stands out not only for its physical challenges, but also for its unique atmosphere, characterised by a family flair and the incomparable team spirit of its participants and volunteers. The warm support of the volunteers contributes significantly to the unique experience offered

to the participants and makes the triathlon a true community experience. Recognition for the Austria eXtreme Triathlon comes not only from the athletes, but also from renowned institutions. It has been named organiser of the year three times by the Austrian Triathlon Association and was awarded third place in the Runner's World Best International Triathlon awards. These awards emphasise the quality and spirit of the event, which has quickly become a legend in the triathlon world. The Austria eXtreme Triathlon confirms that despite the challenges it presents, the power of community and cohesion triumphs across all borders.





1

Dominik Weigl
AUT
RATS Amstetten

supported by
Josef Christern



2

Horst Langmaier
AUT
Laufftreff Nußdorf

supported by
Josef Pöchtrager



3

Christian Almer
AUT
OMNi BiOTiC Powerteam

supported by
Mario Korpar



5

Christoph Krüger
GER
Dresden Laubegast

supported by
Janin Krüger



7

Moritz Flader
GER
Bike Attack Oberberg

supported by
Marcus Raatz



9

Joep Verhoeven
NED

supported by
Aimee Verhoeven



10

Lothar Haslinger
AUT
Triathlon Team Personal Peak

supported by
Manfred Lindner



12

Francisco Jose Lopez
ESP
INACUA TRIATHLON

supported by
PILAR CRUZ

Positive side effects from pregnancy....

Thanks to „Petzi“, I was able to take part in the Austria eXtreme Triathlon for the first time in 2019. Andi Wünscher signed up and Kati Posch was originally the supporter....!!! Little Petzi intervened and I was chosen as a replacement to accompany

race is unique and can't be beaten. In 2021, about 6 weeks before the start, Andi called me in the evening to see if I could imagine supporting him again, he had a starting place and would go to the start with me. I wonder what I said... yes, although 6 weeks wasn't much time to prepare. It was like coming home, everything was perfect and we crossed the finish line happy. In 2023, the time had finally come to take part in a team competition at the Austria eXtreme Triathlon for the first time and the three of us knew we were going to start!!!! Andi was the first to start the race and swam in his own league. Then Kati set off on her bike, there was a headwind like never before, she fought her way through and I was able to welcome her with flowers at the tracker handover. Then to me, I've run a lot in my life, including many metres in altitude, but never a marathon, let alone one with so many metres in altitude. It was even more than a marathon and I enjoyed every metre, you are carried through this competition and the great thing is, being there is everything!!! The three of us crossed the finish line and it was such a warm welcome and just pure joy. This year Kati has signed up on the condition that I accompany her the whole way!!! I'm so looking forward to it and one thing is for sure, I'll get her up there! See you at the top!

On that note, see you then, sporting greetings, Karin



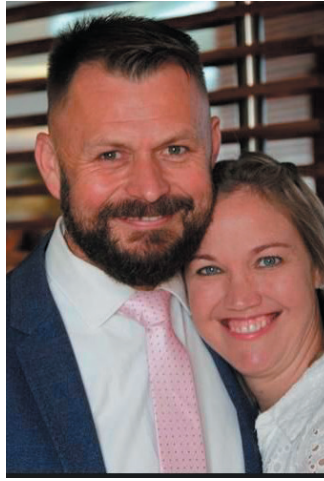
Andi for the last 17 kilometres. At the time, I didn't know whether to be happy or scared, as this competition was out of my sporting reach. Mountain running is definitely a passion of mine, but when I saw the other supporters at the swim start in 2019, I thought to myself, „please what are you doing!!!“ Everything went well and I brought Andi to the finish line as a great finisher. The warmth and organisation of this



14

Mark Thomet
GER
Team SBRC

supported by
Michaela Thomet



20

Tiaan Jordaan
ZAF

supported by



24

Thomas Conrad
GER

supported by
Thorsten Kobuß



26

Thomas Rudolph
GER

supported by
Daniela Stemmler



28

Dave Honcoop
NED

supported by
Roy Meuldijk



30

Jan Hradecký
CZH

supported by
Kateřina Hradecký



35

Daniel Egger
AUT
Tree athletes by deisl.com

supported by
Christoph Döttelmayer



36

Alfredo Tejada
DOM

supported by
Paul Machuca

Growth and change

10 years Austria eXtreme Triathlon on film



Since 2014, the production of film documents for the Austria eXtreme Triathlon has continued to evolve and become a fascinating range of audiovisual experiences. From the humble beginnings to the sophisticated productions of recent years, this development reflects not only the progress in technology, but also the growing creativity and commitment of the production team.

The first film, which was created in 2014, was more or less an amateurish work by Hugo Schwarz, which he shot and produced himself. Despite limited resources, he managed to capture the breathtaking beauty of the landscape and the fascination of the triathlon. Although the result may not have been perfect, the film was seen by interested parties from over 30 countries. For us, this was a clear mandate to further exploit the potential in these films and to develop them to perfection.

In the following years, the production became more and more professional. With a growing budget and a dedicated team, the films became technically more sophistica-

ted and narratively more complex. The close collaboration between the organisers of the Austria eXtreme Triathlon and the film team made it possible to capture the atmosphere and emotions of the event even more intensively.

Since 2021, the premiere of the films has been shown in a cinema in Graz as part of „100 Minuten Film & Talk“. A unique event in the Austrian triathlon scene, as we are repeatedly told.

This year's film project entitled „The last part“ will really challenge us all once again. This is exactly what we are looking forward to and we are sure that we as the Austria eXtreme Triathlon team, with the support and realisation of the great filmmaker Rowin Höfer, will achieve this impressively.

The date for the 2024 premiere has already been set. With the Schubertkino in Graz, we have found exactly the right venue according to our ideas and so a mega spectacle will take place there again on 18 September 2024 at 18:00 with a full house!

**We are giving away 1x2
VIP tickets and 2x2 cinema
tickets, just scan the QR
code and fill in the form!**





38

Pavel Vokurka
CZE



supported by
Jitka Vokurková



40

Alex Bezik
UKR

sport Monkeys Triathlon Verein

supported by
Bezik Sergio



42

Maxime Antoine
BEL
BATT

supported by
Camille Etienne



44

Alexandra Imre
HUN

Tuttobici Bottecchia SE

supported by
Mate Szaniszlo



46

Lei Sun
CHN

Beijing Elites Triclub

supported by
Chang Liu



48

Song Yao Duan
CHN

Beijing Elites Triclub

supported by
ZhongLiang Yu



50

Dietmar Konrad
AUT

supported by
Gerald Konrad



52

Christoph Grün
AUT

trispoat

supported by
Caroline Grün

An odyssey of endurance

From the icy grip of the Mur to the glorious finale under the Dachstein



The challenge of the Austria eXtreme Triathlon begins with a plunge into the cold waters of the Mur, where the athletes fight their way through the current of the river and put their endurance to the test in the cool water. The challenging swim section is followed by the bike course, which is written like an epic poem about the alpine heart of Austria.

Starting at the Gaberl Pass, the athletes climb over 1,550 metres and experience the first of many physical and mental tests of this triathlon. Breathtaking Styria unfolds in all its splendour and provides a picturesque backdrop for the sweat-inducing effort.

The route continues over the Hochegg, a treacherous climb with impressive views. The Kammersberg challenges you with steep sections and challenging bends. Finally, the Sölkpass, the monumental finale of

the cycling stage, awaits. At 1,790 metres above sea level, it provides a stage for the athletes' moments of triumph.

The run course of the Austria eXtreme Triathlon is also a route through the beauty of nature. From the Sölksperrre along the imposing dam, through the unspoilt Strubschlucht gorge to the mystical Silberkarklamm gorge, the runners draw strength from the wilderness that surrounds them. After a short breather at the Glösalalm, the route continues to the Dachstein Südwandhütte, where the path stretches towards the sky.

The finish, at the foot of the Dachstein, is the crowning glory of this extreme test. Here, surrounded by the majestic backdrop of the Alps, the athletes experience a moment of complete euphoria as they cross the finish line - a brilliant end to an extraordinary journey.

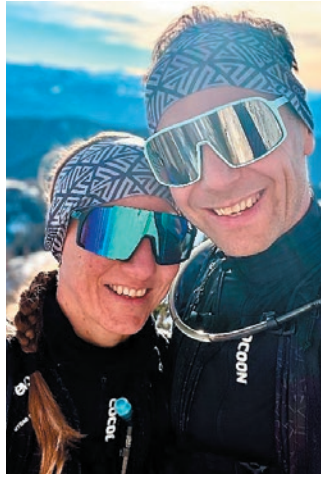




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**Katarina
Krajinakova**
CZE
Triathlon Ceska Lipa

supported by
Martin Jansa



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**Daniela
Hornaus**
AUT
RATS Amstetten Sportunion

supported by
Jörg Hauenschild



58

**Franz
Pauli**
AUT
dertriathlon.com

supported by
Claudia Rath



60

**Stefan
Jung**
GER
Triathlon Team Gießen

supported by
Pia Mauthe



62

**Mark
Schram**
NED
Team Mat&Mark

supported by
Paul van Duin



64

**Matthew
Mirabelli**
MLT
Shamrock stars

supported by
Mirabelli Alexia



66

**Joel
Gotsch**
AUT

supported by
Peter Robic



68

**Gleb
Maslov**
RUS
Sweetspot

supported by
Ilya Sovtsov



DAS ORIGINAL

Lodenwalker
SEIT 1434

Lodenwalker Ramsau - the original since 1434

First mentioned in a document in 1434, the Ramsau Lodenwalke close to the Dachstein is the oldest loden factory in the world. The gentle treatment of the new wool can be felt in the quality of the goods and characterizes the original Styrian loden. Then as now, a wide variety of loden fabrics are created in countless work steps. These fabrics are processed into garments in the company-owned tailoring shop. The wide range of products at Lodenwalke is 100% MADE IN AUSTRIA. The high-quality pieces are sold in the company's own store or in the online store. You are welcome to visit the production facility during opening hours and experience at first hand how the finished loden is made from the wool.



Jörg Steiner Lodenwalke e. U.
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info@lodenwalker.at

www.lodenwalker.com





72

Ondrej Zmeskal
CZE

supported by
Marek Peterka



74

Luca Spallarossa
ITA
airone triathlon

supported by
Massimo Romano



76

Philippe Geyer
FRA
Jool Team

supported by
Maëlle Geyer



78

Tanja Hirsig
SUI
trip13

supported by
Philipp Kienberger



80

Dominic Hassler
AUT

supported by
Simon Köberl



82

Matteo Crivellaro
ITA
Avio Triathlon

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Veronica Campostrini



84

Adam Ryszczyk
POL
RUN2bFREE

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Adam Heliosz



86

Andreas Posch
GER
WSV Bad Tölz

supported by
Alexandra Grimbs

Fast-Paced * Laid-Back

Summit conquests and valley rides: The Schladming-Dachstein region offers both adrenaline-pumping adventures along with gentler experiences and moments of total tranquility. Here, it isn't just the sports that take your breath away. The stunning scenery does, too.

The Dachstein is a proud symbol of the region, most definitely grabbing the spotlight here in Schladming-Dachstein. Hardly any wonder, standing tall at 2,996 meters above sea level, the highest peak in Styria, a popular excursion destination, and a real sporting challenge all rolled into one. This unique mountain also steals the show at the **grand finale of the Austria eXtreme Triathlon**, captivating a crowd that's passionate about outdoor sports.



Pure Adrenaline on Two Wheels

The bike parks on the Planai in Schladming and the Reiteralp have been turning heads for a while now. Due to nearly 50 kilometers of trails along lines & paths with an overabundance of flow, they're a true treasure trove for downhill enthusiasts. A little farther east meanwhile, Singletrack Haus-Aich offers the kinds of cornering and hill challenges that make kids fall in love with bike sports in no time.

Pushing Limits * Feeling the Freedom

Climbers of all abilities discover the vertical challenges they long for among the region's imposing rock formations and high peaks. At the heart of it all, yet again, is Ramsau am Dachstein, home to the legendary Dachstein south face, 22 via ferratas, fixed-cable routes for kids and teens, and plenty of alpine climbing paths. The oldest via ferrata in the Eastern Alps leads up to the Hoher Dachstein, and the „Dachstein Super Ferrata“, boasting a jaw-dropping elevation change of 1200 meters, is one of the longest and most demanding in the Alps. Beyond the Dachstein, a via ferrata center on the Stoderzinken, with its eight variety-packed tours, is the talk of the town, and the practice climbing area at the Burgstall near Pürgg is equally as impressive. There, you can enjoy climbing and chillin' on 180 different routes!



A Paradise for Mountaineers

Information

Schladming-Dachstein Tourism Office
Ramsauerstraße 756
8970 Schladming
T: +43 3687 23310
info@schladming-dachstein.at
www.schladming-dachstein.at

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88

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ITA

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Dario DaForno



90

Stefano Cocca
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Individuale

supported by
Maurizio Massardi



91

Petr Dokoupil
CZH

supported by
Iva Zemánková



94

Mareike Eißmann
GER
TRC Essen 84

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95

Linda Janovská
CZH

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98

Shih Wei Lin
TPE
TIRTC

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100

Valerio Dotto
ITA
Treviso Triathlon

supported by
Giorgia Toffolo



102

Marius (PANDA) Pandelache
ROU
Unstoppable Sport Club

supported by
Alex Ciocan

MURAUER BEER - PURELY THE BEST SINCE 1495



Clean air, the purest water, hops and malt - these have been the ingredients for the best Murauer beer for almost 530 years. The right mix of tradition and innovation, the daily pursuit of quality, a feel for sustainable trends and a strong sense of responsibility towards the environment and the region set the Murau private brewery apart from many others.

ENVIRONMENT IS OUR BEER

Sustainability means using nature's resources carefully over the long term. The Murau brewery is a model company when it comes to practicing environmental protection. No other brewery in Austria is so committed to making valuable use of the region's and nature's resources and incorporating them responsibly into the economy. Decades of efforts culminated in 2014 with the switch to CO₂-neutral production. The Murau brewery is therefore a prime example of sustainable beer production that is unique in Europe. The Murau brewery is proud to be the first EMAS company in Austria with the number A-000001 in the site register, is allowed to carry the AMA seal of approval on its beers and is the only brewery in Austria to carry the Hundertwasser eco-label no. 26 "Reusable containers for beverages". The Murau brewery uses 95,91 % reusable containers. The Murau brewery is one of the few bottlers in Austria that still offers its own lemonades in reusable glass bottles.


FROM THE REGION FOR THE REGION

Murau Brewery has been growing its own malting barley in the Murtal district since 2021. Together with the Murboden seed association, around 51 farmers achieved a balance of 1022 tons of maltable malting barley in the 2023 season, which exceeded all expectations. The participants originally expected a yield of 700 tons. With this successful harvest, 50 % of the annual requirement can be covered.

BIG ANNIVERSARY CELEBRATION

In 2025, the Murau brewery celebrates its 530th anniversary with a big beer town festival on July 11th and 12th. The large musical line-up and the magic mug, which can be refilled as often as you like with delicious beer or Radler after a one-off purchase, as well as the culinary highlights attract around 12,000 guests to Murau in Styria in 2025.



Follow us:  
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104

**Timothy
Wolvetang**
NED
Team Zoot

supported by
Daan de Groot



106

**Christian
Kotschenreuther**
GER

supported by
Michael
Kotschenreuther



108

**Helmut
Cernko**
AUT
RSG-Lebring

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Christian Drexler



110

**Vittorio
Bertoni**
ITA
FERALPI TRIATHLON

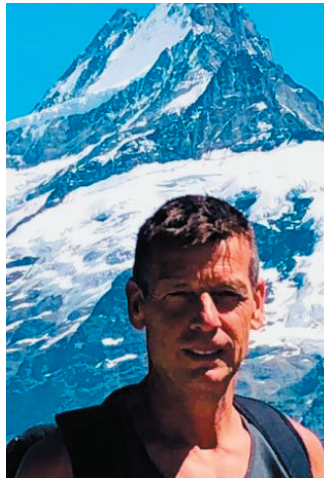
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Bertoni Giorgio



112

**Markus
Zach**
AUT
IGN Triteam Therme Nova
Köflach

supported by
Christian Götzl



114

**Kees
Willems**
NED

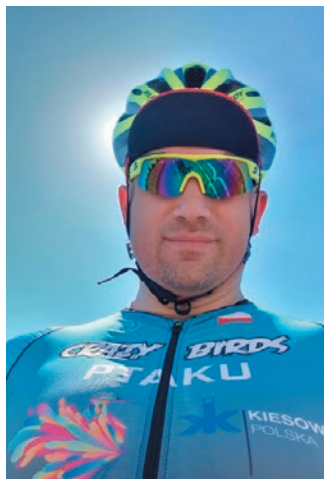
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Henny Willems



116

**Kai
Malzahn**
GER
TEAM Prachtregion

supported by
Helger Malzahn



120

**Arkadiusz
Ptak**
POL
CRAZY BIRDS

supported by
Jolanta Kasprzyk



Foto: Herbert Ralfalt

Der Dachstein. Dein Gipfelerlebnis.

www.derdachstein.at



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Foto: Mathäus Gartner



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DACHSTEIN**
Wir sind für Dich da.



122

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Tveitan**
NOR

supported by
Frode Sandal



124

**Christian
Bruckner**
AUT
KELTENMAN TRIA TEAM

supported by
Andreas Neulinger



126

**Job
Hendrickx**
NED
EDOsports

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Nicky Van ES



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**Sebastiaan
Van den Berg**
NED

supported by
Dick Simons



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**Katrin
Posch**
AUT
Team Personalpeak/
Breathworkers

supported by
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**Emanuel
Baumann**
AUT

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Philipp Löffler



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Wiet tri eXtreme

Schwimmer:in
Thomas Windisch
Radfahrer:in
Thomas Unger
Läufer:in
Matthias Wesselowitsch



TEAM

210

Team Hotel Berghof Ramsau

Schwimmer:in
Josef Pracher
Radfahrer:in
Christian Turza
Läufer:in
Katharina Turza



TEAM

220

Rival

Schwimmer:in
Ivan Juricic
Radfahrer:in
Miroslav Maric
Läufer:in
Drazen Marelja

More than just a T-shirt

A symbol of your endurance
and eXtreme performance!



TEAMS



TEAM

230

Wiet tri 2

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Philipp Rauch
Radfahrer:in
Georg Sinnitsch
Läufer:in
Stephan Kamper



TEAM

240

HSV Feldbach

Schwimmer:in
Walter Troisner
Radfahrer:in
Jörg Fink
Läufer:in
Apollonia Fischer



TEAM

260

BTB Family Tours

Schwimmer:in
Barbara Masser
Radfahrer:in
Thomas Masser
Läufer:in
Bernhard Raffer

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TEAMS



TEAM

270

Wiet-tri 3000

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Daniel Wiedner-Hiebaum
Radfahrer:in
Helmut Gollowitsch
Läufer:in
Harald Schaller



TEAM

290

Wildgänse

Schwimmer:in
Hannes Bschaden
Radfahrer:in
Andreas Kosic
Läufer:in
--



TEAM

300

Alpengasthof am Schöckl

Schwimmer:in
Thomas Absenger
Radfahrer:in
Hannes Fahrleitner
Läufer:in
Gottfried Grabner



TICKET

100 Minutes Film & Talk

Film premiere: „The last part“
Panel discussion with guests'
from business / politics / sport

18 September 2024 / 6:00 pm
Schubertkino Graz



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