

# 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





**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

Dr. Werner Leitner



## Dear starters!!

I am pleased to be able to address a few words of greeting to you again, from a pensioner to the young and wild! At least from a sporting perspective and now on behalf of the local triathlon association.

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!

I had actually promised to support you on the course during the swim, bike and run and to be there with you. I don't quite have your courage yet. But the idea is definitely on the tyre. In any case, I'm keeping my fingers crossed that you enjoy the day and that it stays in your memory like no other. Always remember that all the suffering during training or on the Sölkpass and the ascent to the Südwandhütte will be returned 1000-fold at the finish line.

Thank you dear Maria and Hugo for always having me with you!  
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

# XTRI-Serie **5 triathlons, 3 years**



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 eXtreme 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**

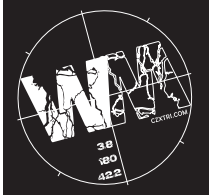
starts in the south of Graz. A jump into the cold water of the Mur forms the starting signal. Even in midsummer, its temperatures do not exceed 14 °C. The 3.8 km swim is followed by 186 km of cycling and 44 km of running. But it is not the length of the course that is the real challenge. During the bike 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](http://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](http://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 Wünschler 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

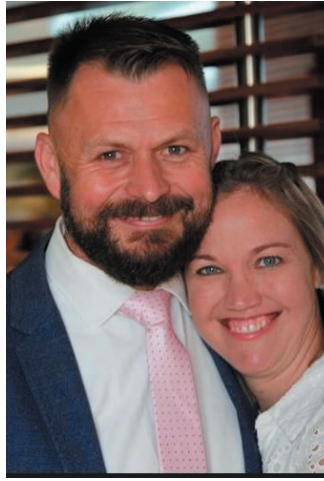




**14**

**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



**33**

**Daan  
Verkouteren**  
NED

supported by  
Eva Visser



**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.

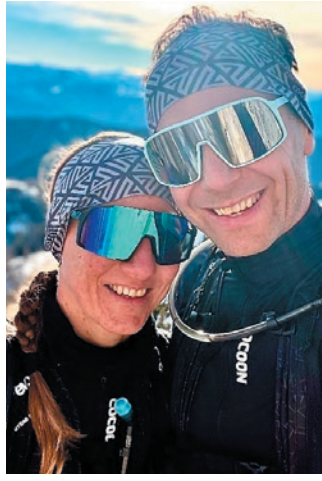




54

**Katarina  
Krajinakova**  
CZE  
Triathlon Ceska Lipa

supported by  
Martin Jansa



56

**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  
Frank Jung



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



---

## *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.  
Rössing 122  
8972 Ramsau am Dachstein  
+43 3687 81930  
info@lodenwalker.at



[www.lodenwalker.com](http://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

supported by  
Veronica Campostrini



84

**Adam Ryszczyk**  
POL  
RUN2bFREE

supported by  
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

**SCHLADMING  
DACHSTEIN**  
We are there for you.





88

**Guido Braida**  
ITA

supported by  
Dario DaForno



90

**Stefano Cocca**  
ITA  
Individuale

supported by  
Maurizio Massardi



92

**Marius Großmann**  
GER

Moving Forward

supported by  
Tim Heinrich



94

**Mareike Eißmann**  
GER

TRC Essen 84

supported by  
Jens Eißmann

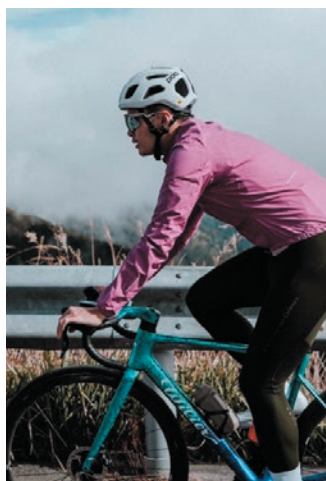


96

**Babsi Gerngroß**  
AUT

KLC Triathlon

supported by  
Johanna Novak



98

**Shih Wei Lin**  
TPE

TIRTC

supported by  
Chung-Hsun Yang



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 CO<sub>2</sub>-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 11<sup>th</sup> and 12<sup>th</sup>. 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:    
[@murauer\\_bier](#)



**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

supported by  
Christian Drexler



**110**

**Vittorio  
Bertoni**  
ITA  
FERALPI TRIATHLON

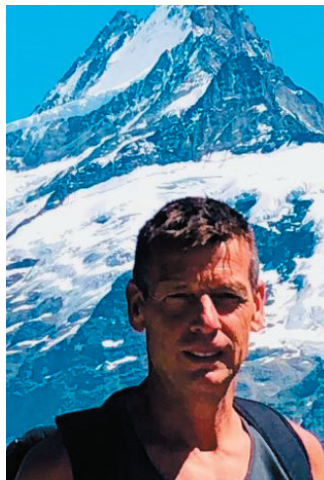
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Bertoni Giorgio



**112**

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

supported by  
Christian Götzl



**114**

**Kees  
Willems**  
NED

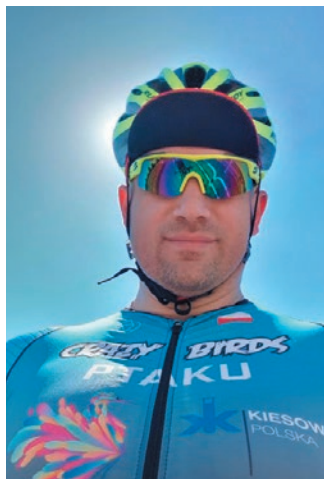
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Henny Willems



**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](http://www.derdachstein.at)



Foto: Mathäus Gartner



Foto: C. Buchegger



Foto: Mathäus Gartner



**SCHLADMING  
DACHSTEIN**  
Wir sind für Dich da.



122

**Bjørn  
Tveitan**  
NOR

supported by  
Frode Sandal



124

**Christian  
Bruckner**  
AUT  
KELTENMAN TRIA TEAM

supported by  
Andreas Neulinger



126

**Job  
Hendrickx**  
NED  
EDOsports

supported by  
Nicky Van ES



128

**Sebastiaan  
Van den Berg**  
NED

supported by  
Dick Simons



130

**Katrin  
Posch**  
AUT  
Team Personalpeak/  
Breathworkers

supported by  
Karin Masser



132

**Emanuel  
Baumann**  
AUT

supported by  
Philipp Löffler



134

**Grigore  
Guzun**  
ROU

supported by  
Tatiana Guzun



136

**Felix  
Plakolm**  
AUT

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Christoph Stix



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# TEAMS



## TEAM

200

### 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

Schwimmer:in  
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

# Partner and sponsors



# TEAMS



## TEAM

270

### Wiet-tri 3000

Schwimmer:in  
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

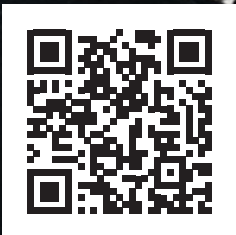


# TICKET

## 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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