

austria eXtreme  
TRIATHLON



Journal  
2025



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With passion and courage
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became native to Styria



3,8 km



186 km



44 km

⬆️ + 5.800 m





## A decade of being together: the Austria eXtreme Triathlon

It was 2014 when an idea changed our lives – a spark that a blazing fire. That was when the Austria eXtreme Triathlon was born, an event that is far more than just a competition. It is a contribution to a functioning society, a living symbol of cohesion, support and the simple yet powerful principle: „I'll help you, then it'll be easier.“ Ten years later, in 2025, we are approaching a milestone – the 10th Austria eXtreme Triathlon – and looking back on a journey full of heart-stopping moments, challenges and unforgettable encounters.

For me personally, movement is the key to a fulfilling life. A functioning body that moves without pain is a gift that I never take for granted. Some may think that an extreme sporting event like this doesn't suit me. But the exact opposite is true: I have often pushed my body to its limits – and sometimes beyond. Not every goal was achieved, but every failure was a lesson, every overcoming a triumph. It is precisely this mindset that characterises the Austria eXtreme Triathlon: it's not just about the finish line, but about facing the challenge – with courage, determination and an open heart.

This event thrives on togetherness. From the crew who work tirelessly in the background, the supporters who back us up, the participants who redefine their boundaries, the funders who believe in our vision, to the communities who open their doors to us. It's a network of people who recognise that together we can achieve more – a message we desperately need around the world. Every email I have written in the last few years, every conversation that clarified uncertainties, has been a step in this direction. With perseverance and passion, I have worked to make this event what it is today: a beacon of community.

The 10th Austria eXtreme Triathlon should be a celebration of fair cooperation. A day on which we carry, cheer and celebrate each other – regardless of whether someone crosses the finish line first or is simply proud to have been there. My greatest wish for us to gather at the ÖHA in Öblarn at the end, exhausted but happy, and share the stories of the day at a cosy closing ceremony. Stories of sweat and laughter, of setbacks and victories, of friendships that have grown over the years.

**Maria**



**Maria Schwarz**  
President



# Foreword

**Mario Kunasek & Dr. Werner Leitner**

© Andreas Hofer



**Mario Kunasek**  
Governor of Styria

## **Dear athletes!**

Experience your own personal adventure with the Austria eXtreme Triathlon. Swimming several kilometres in the Mur early in the morning, then covering 186 kilometres on your bike and running more than 43 kilometres - these are impressive challenges. On your way with like-minded people, you will also overcome hundreds of metres of altitude, where you can be spurred on to top performances by the breathtaking nature of our Styria. You can forward to a shared adventure in the green heart of Austria and hopefully many enthusiastic spectators along the route. I wish you a pleasant stay, much success and many unforgettable moments.

A Styrian „Glück auf!“

Your Governor

**Mario Kunasek**



**Dr. Werner Leitner**  
President of the Styrian Triathlon  
Federation

## **Dear starters!**

Soon it will be time again for you to jump into the refreshing Mur and spend a beautiful but certainly also challenging triathlon day! At least from my own experience, I know that you can't always enjoy it so much during the race. After the initial euphoria of being able to get going, there are always tough moments when it hurts, you don't like it any more and perhaps even yourself the question of why. Bite through! There is more to your body than you think. The reward comes at the finish! This experience is even better at the Austria eXtreme than at other races. Firstly, when you cross the finish line, you have achieved something incredible. And secondly, the atmosphere at the foot of the Dachstein much more informal, you can run in together with your companions and experience unforgettable moments.

None of this would be possible without your personal supporters as well as the tireless helpers along the route. And above all, it is thanks to Maria and Hugo Schwarz's more than 10 years of motivation and work that the Austria eXtreme still exists. Thank you very much for thinking about it again!

With this in mind, stay healthy and see you soon!

**Dr. Werner Leitner**



# Foreword

**Elke Kahr & Kurt Hohensinner**

© Stadt Graz/Foto Fischer



**Elke Kahr**  
Mayor of the City of Graz

The Austria eXtreme Triathlon will take for the tenth time in 2025. This sporting challenge begins almost at night in the Murauen in the south of Graz and ends after 230 kilometres and 6000 metres of altitude on the Dachstein. For many, this is an unimaginable achievement by the athletes. This also applies to the organising team, who make this event possible in the first place.

I wish all athletes and organisers an eventful, successful and, above all, injury-free day and hope that everyone can be proud of their performance at the end of this long day.

**Elke Kahr**



**Kurt Hohensinner**  
town councillor for sport of the City of Graz

## Getting Graz moving

As the sports department, it is our central task to get the people of Graz interested in more exercise and sport. Children and young people in particular should be won over to sport at an early age so that they can experience the positive health, social and integrative effects from an early age. This requires strong and reliable partners – above all the numerous sports clubs, which form the indispensable backbone of Graz as a city of sport.

In addition to the clubs, it is also impressive sporting events such as the Austria eXtreme Triathlon, which is taking place for the 10th time this year, that inspire people and get them excited about exercise – especially the younger generations. The challenges of this competition are enormous: 3.8 kilometres of swimming in the Mur, followed by 230 kilometres of cycling and running with a total of almost 6000 metres of altitude. Everyone who takes on this extreme challenge deserves my utmost respect.

I wish all participants an unforgettable sporting experience and would like to thank the organisers for their commitment.

**Kurt Hohensinner**

# Foreword

Erich Gosch



**Erich Gosch**  
Mayor of Feldkirchen near Graz

## **A fixed starter in Feldkirchen near Graz, the „Austria eXtreme Triathlon“!**

What began more than a decade ago as an idea and with great idealism is now a fixture in our cultural calendar. When its time for the briefing in our sports hall the evening before the event, it's usually hot and humid and everyone is eager for one of the toughest but most beautiful experiences in the Styrian landscape.

From the south of Styria, the competition starts over beautiful stretches of road, up over mountain passes, past water sources and beautiful alpine pastures, through forests, over hill and dale and in thin mountain air to the pride of Styria, the middle station of the Dachstein, where the triathlon finishes. Starting in sweltering heat directly into the mountains, sometimes with thunderstorms and even snowfall on the Sölk Pass. All challenges are included.

And when I think of this success story, I see Schwarz – not in the proverbial sense, but I see it before my eyes – because what the Schwarz family and all the helpers have achieved here deserves the utmost respect.

And when I was first asked whether our sports hall could be used for the launch event, it was a matter of course for me to my modest share. Just as many people do at the moment, although the financial support could certainly be more generous.

That moment when you come into contact with people who achieve feats that people like me can only marvel at – that moment is a very special one. A crackle, a The sheer endless

will to achieve incredible things amidst the many supporters. In addition, the perfect team of organisers, who support the guests who have travelled from all over the world in many languages.

When I ring the starting bell at 4.30am on the day of the competition, surrounded by the athletes, my untrained back goes cold every time. Men and women, all of them middle-aged, start a day full of overcoming, emotions and usually also pain. But they all have one great motivation: to the finish line as athletes and as a team. Some also have to give up, but are nevertheless the winners of many insights and impressions.

In the finish area, athletes and support staff as well as all those present experience a special hormone release. A special and indescribable experience.

At the closing ceremony the following day, you are suddenly back among „normal“ athletes and, you could almost say, people like you and me. You all look back with warmth and satisfaction on the achievements that make you such special people.

The athletes and supporters change, some come back, but the people in charge stay and have a special goal, namely to carry on and become even more perfect. That's why I call in courage: „Thank you and please continue as before, everyone should recognise what you have achieved. You show what is possible with a special will – in terms of sport and organisation.“

**Your Erich Gosch**





**Ernst Fischbacher**  
Mayor of Ramsau am Dachstein

### **Dear President, dear Austria eXtreme Triathlon Team!**

A success story enters the next round with this year's event. What began with an ingenious idea is now one of the toughest races in the Alpine region.

The vision of crossing Styria, setting off early in the morning and arriving in the evening in the light of Styria's highest mountain, the Dachstein, has already inspired many ideas and top athletes to take part in order to push their limits and see Styria from a completely new perspective.

We as the municipality of Ramsau are proud to be part of a special event from the very first meeting with the organisers, the Schwarz family and sponsors – and also triathlon to write history.

I myself have been able to take part

in all the finishes so far and am always impressed by the good organisation, the sporting achievements and also by the idea of visiting our home country in this way.

The closing ceremony on the „day after“, where the participants are honoured and the winners are presented, also has a special atmosphere.

and the challenge. I look forward to welcoming the Austria extrem team to the Ramsau again this year.

With kind regards from the community centre.

**Ernst Fischbacher**



**Walter Zetting**  
President of the Austrian Triathlon Federation

### **Dear athletes, dear friends of triathlon,**

On 21 June 2025, the time has come again: the Austria eXtreme Triathlon is entering its next round and once again brings together the impressive backdrop of Styria and the passion of our sport in a unique way. The Austria eXtreme Triathlon is much more than just a competition – it is a journey. A journey through breathtaking landscapes, over challenging distances and past your own limits. Those who take part in the race demonstrate not only exceptional endurance, but also courage, willpower and team spirit. It is precisely these values that make our sport so special.

As the Austrian Triathlon Federation, we are proud that we can organise

events such as the Austria eXtreme Triathlon in our country. They show the variety and fascination that triathlon can offer in Austria – from classic sprint competitions to unrivalled challenges like this one.

Many thanks to the entire organisation team, the volunteers, the partners and sponsors as well as the local authorities, who make this event possible with a great deal of commitment and passion.

I wish all athletes an unforgettable and, above all, safe racing experience. May the beauty of the route accompany you just as much as the enthusiasm of the people along the way.

Good luck and stay healthy.

**Walter Zetting**



SCHLADMING  
DACHSTEIN

# Der Dachstein. Dein Gipfelerlebnis.

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



Foto: Harald Steiner



Foto: Harald Steiner

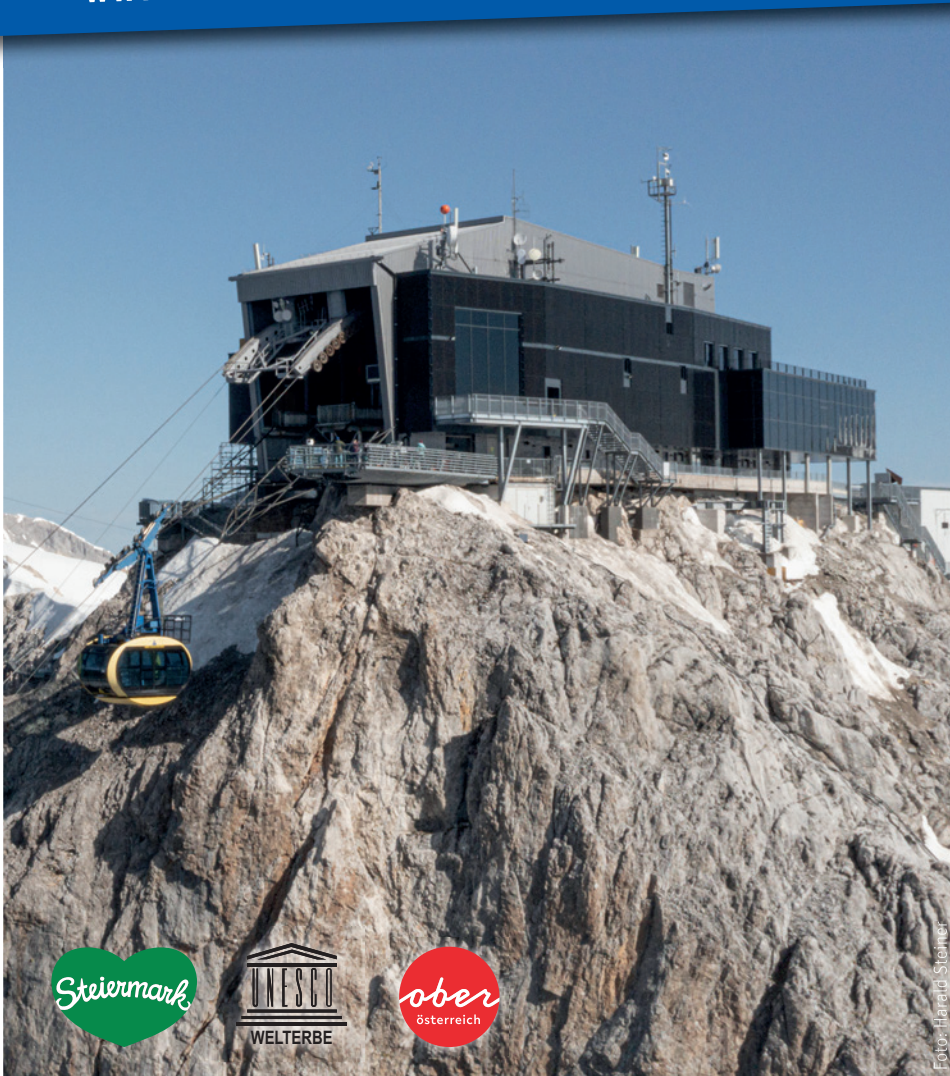


Foto: Harald Steiner



Foto: Herbert Raifalt





# Vorwort

Dir. Georg Bliem & Bgm. Franz Zach



**Dir. Georg Bliem**  
CEO Planai-Hochwurzen-Bahnen

## Dear athletes

„The Austria eXtreme Triathlon combines top sporting performance with the breathtaking nature of Styria in a unique way - from the Mur near Graz to the foot of the impressive Dachstein, which offers a spectacular view on the last stage of the race. Just a cable car ride away, the Dachstein glacier awaits with many attractions and breathtaking views. Highlights include the new mountain station with restaurant and a variety of outdoor terraces, the „Dachstein Sky Ladder“, Austria's highest suspension bridge, the „Stairway to Nothingness“ and the Dachstein Ice Palace.

We would like to congratulate the entire organising team on the 10th anniversary and thank them for the many years of trusting partnership. It is a special honour to be part of this extraordinary event, which combines endurance, team spirit and determination in an impressive way. We wish all participants and their carers every success in this unforgettable adventure,” says

**Dir. Georg Bliem**



© Stefanie Pulsinger

**Franz Zach**  
Mayor of the market town of Öblarn

## Dear ladies and gentlemen!

### Dear sportswomen and sportsmen!

Pain, exhaustion, despair - exploring physical and human limits, that's what applies to 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. The performance is what 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 backdrop 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 take place in the market town of Öblarn.

Best wishes from the market town of Öblarn.

**Franz Zach**

# 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 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, 31.05.2025

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, 21.06.2025

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, 05.07.2025

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, 12.10.2025

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, 01.11.2025

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)



# Partner **Hotel Sporthof Austria & Erich Schwarz**



**The Hotel Sporthof Austria is ideal for explorers, adventurers and Ramsau am Dachstein enthusiasts.**

The Royer-Postl family offers spacious rooms with comfortable furnishings and an impressive view of the Dachstein massif or the Schladminger Tauern in their 3-star hotel. A rich breakfast buffet and regional delicacies for dinner provide additional enjoyment.

Located directly on the Ramsau Panorama Trail (in winter also direct access to cross-country ski trails), the hotel is the ideal starting point for your activities on the sunny Styrian plateau. Ramsau am Dachstein presents itself with a variety of activities for families, hobby sports enthusiasts and nature lovers..



## **An indispensable part of the Austria eXtreme family**

### **Our man with an eye for detail and a heart for events**



**Erich Schwarz,**  
CEO of the IQ-Gruppe

Since the first Austria eXtreme Triathlon, Erich Schwarz, Managing Director of the IQ Group, has been fully committed to the event. Not only as a sponsor, but also as a helper, volunteer and valuable member of the organising team. His commitment goes far beyond financial support – every year he puts his heart, energy and passion into making this extraordinary event possible.

Whether in the planning, on competition days or behind the scenes – Erich is always on hand, gets stuck in, motivates the team and lives the

sporting spirit of the Austria eXtreme. His long-standing support shows that this event is about far more than just sport: it is about team spirit, enthusiasm and shared experiences.

Erich always has an eye for the perfect look – be it in the design of the event environment or the smallest details that make the Austria eXtreme Triathlon so special. His love of perfection ensures that not only the sporting performances but also the overall appearance of the event are of the highest standard.



## autXtri – Extreme, Fantastic and Breathtaking

A challenge for life, an experience for eternity.

**Lisi:** Hey Peter, ten years ago this year you took part in the premiere of the Austria eXtreme Triathlon and our whole family and friends cheered you on, looked after you and were very excited to see how you would fare in this competition that was completely new to us.

**Peter:** Yes, but it wasn't just something completely new for me, but also for the Austrian triathlon scene in general. There was nothing like this before. From the very first moment I was blown away by the idea of swimming, cycling and running across Styria, I knew Maria and Hugo and I realised I had to do it.

**Lisi:** Jumping into the Mur in the pitch dark... we all had a bit of the jitters. I'll never forget looking after you on the route and then giving you a big hug on the roof stone. Can you still remember the rain on the Sölkpass with the musicians, the cowbells of the volunteers on the course and the incredible atmosphere on the Dachstein with thunder and lightning – the weather gods really put on a show.

**Peter:** Yes of course, the weather, the nature, the landscape, the friendly organising team – it was a fantastic experience.

**Lisi:** And since then we've been al-

most of the year. You as a participant a second time, and otherwise always as a volunteer. And the fever never subsides.

And I can feel the fever at the Dachsteinsüdwandhütte checkpoint, which we look after, with every athlete and supporter who has climbed to the highest point of the Austria eXtreme Triathlon at the end of the day.

**Peter:** I like the race briefing the day before, where the athletes try to get an idea of what to expect. But no-one who, t already completed an extreme triathlon can really visualise it. I can understand their joy and also the fears and doubts in each of them so well. I'm usually relieved that I'm not at the start myself until the early morning dawns. When the transition area is set up at three o'clock, I'm really itching to get going.

**Lisi:** I'm sure you'll take part again, I never doubted that anyway

**Peter:** Wait and see. I'm not getting any younger. But somehow, who knows.

In any case, I'm already looking forward to welcoming every single athlete and supporter at the last checkpoint, Dachstein Südwandhütte, the end of a long day.



From the first finish to the dedicated volunteer – Peter experienced the Austria eXtreme Triathlon as an athlete and now looks after the heroes of the race himself with Lisi at Checkpoint Dachstein Südwandhütte.



## My way to the autXtri family!

Your adventure is waiting for you!



„With heart and dedication – because it’s more than an event, it’s a family!“ Equipment Manager Chrisu

It was spring 1999 when my journey began – with a half marathon, followed by a marathon in the same year. The sceptic? „That’s not healthy!“ But there was a fire burning inside me that would not tolerate any doubts. I wanted more, I had to do more! Marathons turned into ultra runs, until a friend said after his first Ironman: „You’re super!“ I laughed:

„No, YOU are great – an Ironman, that’s the pinnacle!“ This conversation was the spark: I switched to triathlon. I started with a long distance, of course – why start small when big things are calling? One followed the next, but at some point I wanted something new. In 2015 came the Austria eXtreme Triathlon – a game changer! It’s not about time, it’s about you: Pushing your limits, conquering your inner bastard, finishing on the Dachstein and being embraced by Maria – pure goosebumps, every time!

But it’s more than just the competition. It’s the family behind it – the helpers who make this adventure possible. I jumped into the team, became equipment manager and have been immersed in this event for years. On Tuesdays I cook goulash for the crew, on Wednesdays I set up the vans – with self-built brackets for iron plates, fridges, tents, bells and more. Everything is packed in such a way that we can access the chaos of the event in a flash. Friday, 11 p.m., the final whistle. At 01:30 the the longest

day. In the start zone you can hear the concert of frogs, we set up, the athletes arrive – and I’m right in the middle of it all. The starting bell is rung and the athletes plunge into the Mur, and we set off: breakfast, then off to the Sölk dam, finally to the Dachstein finish. Maria directs us precisely, everything is ready at 2 pm. Then they arrive – one after the other. With every finisher, I feel the magic, the effort, the triumph – I know this feeling, having crossed the finish line twice myself!

We pack up with the last athlete at midnight – many hands, quick finish. A few hours sleep, then the closing ceremony: set up, celebrate, honour the heroes. Afterwards? Dismantling, driving home, organising everything – and yet I can hardly wait to start again. Why am I doing this? Because it energises me! Every drop of sweat, every laugh, every „thank you“ from the athletes is fuel for my soul. Here you are part of something big – a community that shows what is possible if you believe in yourself.

Hear the call of adventure! Become an athlete, a helper, part of the Autxttri family – it will grab you, inspire you, change you. Have the courage – your Dachstein moment awaits!

Your Chrisu, equipment manager and autxtri enthusiast



## From dream to legend - 10 years of the Austria eXtreme Triathlon

**It started with an idea - a challenge that would push not only the athletes but also the organising team to their limits.**

In 2013, the dream of a unique triathlon in Austria was born, and just one year later the hard work began: authorisations, talks with authorities, sponsors, partners and countless hours in front of the computer. Nobody knew where the journey would lead, but one thing was clear from the start: we were redefining the term „winner“. At the Austria eXtreme Triathlon, every single finisher counts - everyone is honoured equally, everyone experiences an unforgettable adventure.

### **The first step into the unknown**

On 27 June 2015, the time had come - the first Austria eXtreme Triathlon place. The tension was palpable, as nobody knew what to expect. Looking back, the event was still modest: No tent in the finish area, a single emergency doctor, checkpoints that had to evolve. But we improved year after year. Today, we are accompanied by three emergency doctors, volunteer fire brigades, around 100 volunteers and two lorries that transport everything we need. Safety and an unforgettable experience are our top priorities.

### **Growth and community**

The Austria eXtreme Triathlon has become bigger, more professional

and worldwide known. In 2019, we joined forces with four other nations to form the Extreme Triathlon Series - five competitions, a shared vision, a special medal and a unique trophy from Austria for all those who manage to complete all the competitions within three years.

Our victory ceremony once started small at the Hotel Türlwand - today we celebrate at the ÖHA in Öblarn. But one thing has remained the same: the close-knit team spirit, the special atmosphere and the sense of community. Because this triathlon is more than just a competition - it's a journey that you experience with a friend, partner or family member.

### **The biggest challenge: 10 years of the Austria eXtreme Triathlon**

We are now facing our biggest challenge yet: the 10th edition of the Austria eXtreme Triathlon! The anticipation is huge, the organising team and the volunteers are giving their all to make this anniversary unforgettable. Because this triathlon is not just a competition - it is a way of life, an adventure that unites people and pushes them to their limits.

Are you ready for the extreme? Then join us as we make history!



**What began as a minimalist event in 2015 is now a spectacular finish with goosebumps guaranteed. The finish area of the Austria eXtreme Triathlon has evolved - but one thing remains the same: the moment you cross the finish line is and remains unforgettable!**



# The Austria eXtreme Triathlon ...

...a challenge first and foremost for the athletes but also for the organisation and crew - my impressions.



Sincerely, the voice to the text - Moderator Josef Gerhard Pfleger

As the host of AutXtri from the very beginning, it was both a **pleasure** and **a challenge** for me to contribute to a successful and amicable event.

A pleasure because I wouldn't want to miss a second of what I have experienced during the 9 successful competitions so far. Friendships have been formed or deepened during this time, wonderful people

- whether in the organisation or with the athletes - I was able to get to know them and broaden my human horizons in a wonderful way.

However, the **challenges** during this time were not without their challenges. I can only think of the things had to be done or removed in these three days, such as very little sleep, tasks that had to be solved at short notice,

texts that had to be written, etc. and performed, the weather during these days was usually not so kind to us and much more. Challenges, however, without which there would not have been the fun and enjoyment mentioned above.

Finally, I would like to take my hat off in awe and first and foremost to all the athletes who have taken on the challenges and hardships of the last few years to master or want to master one of the toughest eXtreme Triathlons.

I would particularly like to pay tribute to the **organising team around Maria and Hugo Schwarz**. Realising and continuing an idea with all its ups and downs is truly a tremendous challenge. Respect and esteem for that.

Versicherungsagentur  
**SCHWARZ&PARTNER**  
LEISTUNG AUS LEIDENSCHAFT



## A journey full of passion and dedication

**It is impressive that the Austria eXtreme Triathlon is already celebrating its 10th anniversary.**

When I look back, I remember the initial ideas, the long discussions and the tireless work – this unique event. 2014 was, so to speak, the

„Ovulation“ – the moment when the idea was born and changed our lives in a way that we could not even have imagined at the time.

As a daughter, it was natural for me to help out. I remember countless hours in front of the laptop, the endless track visits and filming – and how we had to shoot scenes again and again because Dad was still not happy with the recording. I particularly remember the shoot for the „Do and Don'ts“ video. The moment when we were supposed to jump into the Mur to demonstrate how to orientate ourselves correctly was impressive: the current was so strong that it – a particular challenge to swim straight ahead – it just wasn't possible. Dad kept a close eye on how we were doing – and that's what made the scene so authentic.

They were years full of dedication and passion. We travelled to Ramsau countless times to find the perfect route for the athletes. We met farmers, neighbours, authorities and private landowners – strangers became friends. This community that has formed around the Austria eXtreme Triathlon is one of the most valuable experiences for me.

In addition to all these tasks, it is mum who answers countless emails and

constantly ensures that everything runs exactly as it should. She pulls the strings in the background and ensures that planning becomes reality. Her commitment and endurance are an essential part of what makes the Austria eXtreme Triathlon so special.

We have often talked about how challenging it is to organise such an event. The official requirements are constantly increasing, the organisation requires immense detail work and the financial return remains a challenge. Nevertheless, one thing is certain for us: offering the athletes a platform to push their limits at a unique event is worth it. The Austria eXtreme Triathlon is unique in its form – and in the breathtaking setting of Styria.

Today I have been living in Switzerland for more than five years and have built up my own independence with „Sound of Taste ©“. This has broadened my perspective on the Austria eXtreme Triathlon. I see the event as a great experience that people together. Our family bond was strengthened by this challenge, and that shows me how important shared visions are.

The Austria eXtreme Triathlon is much more than just a competition. It symbolises perseverance, passion and the irrepressible will to achieve something great. It stands for friendship, cohesion and the courage to overcome boundaries.

Your Kathrin



**With a smile and full of passion – Kathrin Schwarz, part of the Austria eXtreme Triathlon from the very beginning. A journey that connects people and overcomes borders.**

# Checkpoint: checking and meeting point

## Volunteers and participants at eye level

The rules of the bike course from Graz to the Sölksperrre require control points. This ensures fairness and provides an overview of the athletes in the competition. Basically a „dry“ affair, pure structural activity, writing down numbers or reporting athletes who have already dropped out to the race organisers... – you might think. NO – the opposite is the case.

When the strenuous climb up the Gabel is followed by the rewarding descent into the Mur Valley, Oberzeiring is not far away. And there is always something going on there, the Götzenbrugger's, known in the world of sport as „Götzis“, make a big splash:

**Km 114 Check Point Oberzeiring, left; MH-933m, WC available; GPS data: 47°15'05.3 „N 14°29'11.3 „E**

„When we met Hugo and Maria in 2016 and they asked us where we from, it was a real surprise to us that someone actually knew OBERZEIRING.“

Maria said: „Of course we know where that is, because that's exactly where we need volunteers for the checkpoint.“ As a family with a great affinity for sport, we were all fired up for this competition and immediately said yes. We have been infected with the Austria eXtreme Triathlon ever since. Our checkpoint is located at the huge car park at the start of Oberzeiring. Our niece Katja Dengg has been supporting us there for several years with the all the technical expertise. Christian is the checker to make sure that

everything is correct with the starter numbers and the passage – only then does he tick the box. And I (Margit Götzenbrugger) am certainly THE BEST when it to cheering.

I'm usually voiceless after the event, maybe that's why we have Get a „whistle“ from Maria.

There's always something going on at our CP, we usually have a drummer on site to make a lot of noise! This is exactly what makes the athletes so happy, because we welcome everyone as if they were already at the finish! And we know how hard it gets after our checkpoint, it's just AUFFI, AUFFI, AUFFI. As the support vehicles enough space with us, quite a few supporters come to our checkpoint to wait for their top performers – usually short updates, they leave us again in the direction of LACHTAL. But for some supporters, our is also a jackpot. As well as the all-important toilet, we always have drinks, coffee and cake. We also always have an open ear for other things – whether need a massage, a pedicure or a doctor. or simply only a traditional Wiener Schnitzel was requested for dinner. we have so far been able to fulfil all wishes and requests, no matter how strange. And that's what makes it so much fun.!!

It's nice for us to be a small part of the Austria eXtreme Triathlon. We wish every athlete who dares to take on this great task again this year, MUCH LUCK!!





**Team Oberzeiring: Katja Dengg, Margit & Christian, Götzenbrugger (from left to right)**



**Team Sölk Entee: Gerlinde, Manfred Dengg and on a short visit Ewald Meixner from the motorbike team - the flying control of the competition (from left to right)**

### **Km 154.5 Check Point Entry Sölkpass, MH-882m, car park GPS data: 47°11'04.9 „N 14°07'05.4 „E**

In purely mathematical terms, „only“ 32.1 kilometres of the total 186.6 kilometres are left until I change into my running shoes. But that's a tough one. The Sölkpaß road is 100 % of a mountain road in the Alps. Steep, often very narrow, lots of bends, very varied, tight hairpin bends and very demanding overall. This is precisely why the checkpoint in Schöder is like refuelling, taking a deep breath, some even off their bikes briefly, talk to their team, to their supporter.

We have prepared water, i.e. pure water, powder for mixing an electrolyte drink and muesli bars. Athletes take what they need. It works like a buffet.

Although this checkpoint is outside the village and hardly anyone lives there, people still pass by or vehicles stop to enquire.

For us volunteers, it's an altogether chilled-out affair. We sit quite comfortably in a camping chair we've brought along, under an open parasol and look out towards the cyclists coming from Baierdorf. The beach flag is waving in the so-called Tauern wind and is visible to the cyclists from a great distance.

We, Margit, Christian, Katja, Gerlinde and I (Manfred) are very happy to do this and delighted to be volunteers at this fantastic event organised by President Maria and Hugo Schwarz.

Contribution: Margit Götzenbrugger, Manfred Dengg

## 1st Austria eXtreme 2015, #84: Bernd Haditsch

**It's been 10 years and there are still memories of  
„my“ Austria eXtreme present - practically every day.**

Each of my presentations includes at least one slide with pictures from the Austria eXtreme, usually several...I'm always asked about it - precisely because I wasn't and still am not a top athlete - what did YOU do there?

### **Spontaneous decision - An adventure begins**

Yes, I took part, made a quick decision and only joined in spring 2015 thanks to the organising team. I was „in a good mood“, I „always done something“, but not and certainly not „specially trained for it“. I knew the distances, had the marathon distance over 20 times by then, „gave myself a long-distance triathlon for my 40th birthday (2010) - coincidence or not: from Graz to Ramsau by bike (a definite feel-good place), the (marked) marathon there - the goal: I completed it in 24 hours, I called it the „stironman“. And then there was the Ironman Klagenfurt 2012 - also nice, but very different from the Austria eXtreme - in terms of the organisers, the participants, the atmosphere and the course. In 2015, I was certainly the worst trained and worst equipped athlete - I bought my wetsuit two weeks beforehand via willhaben at Linz Central Station - now I can it: I'd never swum with a wetsuit before.

### **„You have to know where you can go too far.“ (Jean Cocteau)**

But I was (and am) mentally strong and I know myself well - I come from

years of mountain sports: hiking, ski touring, mountaineering - that's where I learnt to assess myself so well that I can still smile at the finish = at the summit. And that's what I did at the Austria eXtreme - I enjoyed every minute of it, even if I, t managed the passage times - it would have been unique by then. The best moments? Welcoming wife and (small) children with breakfast on the Gaberl, petting the cat on the Glösalp after I made the cut by less than 5 minutes. The most memorable moments? The Mur was so cold that for the first time I couldn't get my face into the water while crawling; the snow on the Sölkpass, the thunderstorm on the south face of the Dachstein.

I was very lucky and didn't have any technical faults, I only really thought about giving up once - at the Fischbacher in Ramsau (where I staying), because it was too cold. seemed „impossible“ to make the transit time on the Glösalp.

I was accompanied by my sister and Sebastian: he was my „body“, he „pulled“ me up from Ramsau, I'm still in friendly contact with him to this day, and I'm still grateful to him for that - he gave me a unique memory.

### **Achieving a goal - a lifelong motivation**

I didn't come last (but that wouldn't have mattered) and I crossed the finish line with a smile - unforgettable: the warm welcome from Maria and





Hugo, impressive that the winner, Michael Strasser, was still there at such a late hour congratulated me at the finish. My sister gave me a signed banner from the Austria eXtreme 2015 for my birthday - it still hangs in my fitness room.

And in stressful phases of my (professional) life, the memory of the Austria eXtreme still gives me extreme strength 10 years later - just like Viktor Frankl: set yourself a goal, work towards it, achieve it and you will become a different person.



„A race that is more than just a competition - unforgettable moments at the finish line and on the course, fuelled by willpower and the support of the family.“

## Extreme Triathlon Series. 5 Extreme & unique Race - 5x pure emotion

**3 years of Xtri-Journey - 3 years of triathlon adventures -  
3 years with special people**

„Amazing, now I've really done it“ & „Amazing, the trophy is heavy, how will I get it home in the plane?“ were the first two thoughts when I put all 5 medals I had collected into the trophy on 3 November 2014 in Knysna (South Africa). A lifelong dream has true: I am the first woman to finish the Xtri-Series.

### **Austria eXtreme Triathlon**

What was meant to be a one-off trip into the world of extreme triathlons at the Austria eXtreme Triathlon on 25 June 2022 has now become so much more. I have found my absolute passion and „my“ form of triathlon. The one in which I can fully utilise my performance potential both physically and mentally. But above all, the form that I simply enjoy with all my heart and where you realise that all the athletes bring pure passion to our sport.

Austria eXtreme Triathlon 2022: 14 hours 16 minutes of pure fun! My first extreme and I was immediately gripped by the atmosphere. Even at the briefing you realise: this is something very special! Apart from a few foot aches while running, I have a great day. My family and friends sweeten my race by dressing up as pink panthers and unicorns. Inspired by this, I secure (for me very surprisingly) the women's win and 3rd place overall! Wow! On the last climb to the Süd-

wandhütte, I think about the Xtri-Series for the first time. At the finish line, you can probably tell, because I get a „before you sign up anywhere straight away, at least wait 2 weeks“. A look at the Xtri Hall of Fame shows: no woman yet. We have to change that, the decision has been made. 1 down - 4 to go!

### **Pirene Extreme 2023**

Having travelled here a week earlier, I am immediately impressed by the landscape and, above all, the good and completely empty road conditions. The field is manageable with 25 starters, but I'm pleased to see familiar faces from Austria again from last year. You're not so much a competitor here as a member of the Xtri family! In addition to the many metres of elevation gain, the race is particularly challenging in terms of the weather: it had just turned 30 degrees, shortly afterwards it was hailing and thundering and I in T2 shivering. And this is where the special thing about the extreme comes into play: I'm not the only one! My support team does everything they can to me happy, my best friend is by my side the whole way. We manage it! together! Then it becomes surreal: I cross the finish line after 15 hours 12 minutes as the first woman, 4th overall. With a course record! 2 down - 3 to go!





**Overcoming limits, making history - pure emotion at the finish line and unbridled pride as the first woman successfully master the Extreme Triathlon Series!**

### Winterman Extreme 2023

A race that looks easier on paper than it actually is, but which features probably the coolest swim of my entire triathlon career: 9 kilometres downstream in the Elbe, in the dark, in 11-13°C water and 5°C outside temperature. Surreal again: I'm the first overall to come out of the water! I'm so foggy from the adrenaline that I say to my supporter: I don't need to change, a waistcoat is enough. So I get on my bike in a wet onesie at 5°C. And I don't even freeze! At the finish, the race lives up to its name: it's snowing! I experience another unforgettable triathlon high: after 11 hours 58 minutes, I'm the first woman to cross the finish line,

9th overall and pulverise the course record by almost 2 hours 3 down - 2 to go!

### The Stone Brixiaman 2024

Probably the toughest test of resilience! The many metres of altitude and, above all, the altitude really put a strain on my circular route. At the foot of the Gavia, I have no idea how I'm going to cope with the 1700 metres of continuous climbing. On the running route, the last few kilometres over scree and snow fields present us with a real challenge. And because that alone is probably not extreme enough, there is also a thunderstorm. But again: I'm not alone! Accompanied by three supporters, we master

this too. Cursing at times, but when the red finish line suddenly emerges from the fog. When I turn up, all pain is forgotten. 1st woman, course record and the realisation that we are much stronger together than I would have thought. 4 down - 1 to go!

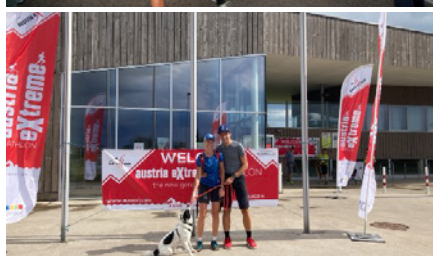
### Knysna Extreme 2024

Just one more race! In preparation, I run a few mountain trails with my dog. I'm constantly thinking: you only have one race left, just don't get injured. Again, a race that looks comparatively easy on paper. But it's a mental challenge: lots of headwinds during the swim, you can see the finish line but can't get any closer. Almost endless straights when cycling with a diagonal crosswind. At least you are occasionally accompanied by ostriches in the fields for a few metres. 51km of running, that drags on. After 12 hours 46 minutes it's done. And at the end, it's more surreal than ever before: 1st woman, 2nd Overall! We've made it!

When I the Xtri trophy in my hands the next day, my biggest triathlon dream came true! 3 years of triathlon adventures, 5 unique races and, above all, so many great people that I was able to meet along the way. For me, an absolute once in a lifetime experience! A big thank you to everyone who has part of this journey: Family & friends, race directors & volunteers and all the other athletes & supporters! We made the impossible possible!

## 10 years of Austria eXtreme

The Austria eXtreme is not a competition – it's a way of life!



This feeling is unique and is created by the breathtaking landscape, the fair interaction between the participants, experiencing your own limits and especially by the unique organising team!

**We are delighted to be at the start for the fourth time this year.**

Change your life – the Austria eXtreme has already done that – We have already lost our hearts to the Austria eXtreme and owe it wonderful memories and feelings.

## EnergyOatSnack

The great taste of oats



The story of EnergyOatSnack began almost 30 years ago with a passion for healthy eating and an active lifestyle. Founded by a team of athletes and nutrition enthusiasts, DAVINA was created to provide a nutritious and tasty snack option that meets the needs of people who are on the go and active.

The idea was born out of the realisation that many conventional snacks are often unhealthy and full of artificial additives. We therefore decided to develop a bar that not only tastes really delicious, but is also rich in essential nutrients. After numerous experiments in the test kitchen and the careful selection of high-quality ingredients, the now famous EnergyOatSnack was born. EnergyOatS-

nack is perfect for anyone who needs a quick energy boost. Made by hand from high-quality and natural ingredients such as oat flakes, nuts, fruit or berries, it provides an excellent source of complex carbohydrates that release energy slowly, making it ideal for athletes or active people.

EnergyOatSnacks are not only practical for on the go, but also a healthy alternative to conventional sweets – whether during sport, in the office or simply as a snack between meals – the EnergyOatSnack is versatile and helps you to master your day full of energy. Treat yourself to this healthy indulgence and recharge your batteries!

You can find more information at: [www.oatsnack.de](http://www.oatsnack.de)





## autXtri: A triathlon dream comes true in Austria

**Fascinated from the very first moment – Michael Strasser on the challenge, the emotions and the unforgettable experiences at the Austria eXtreme Triathlon.**

How well I can still remember my smiling face when I stumbled across an advert for the first AutXtri online. At last! At last there is such an event in Austria. The route profile? I've always dreamed of something like this. I was on fire. This event is simply an enrichment for the existing triathlon landscape. What counts here is first and foremost the task of completing the race, the time required plays an almost negligible role. Everyone has to overcome the altitude metres themselves. Anyone who makes it in time before the „cut off“ can rightly be celebrated with a „survived“.

I can still my first training ride on the original route, when pedalled up the beautiful Sölk Pass for the first time really pre-tired. WOW. The scenery, but also the short, steep ramp in the middle section, is etched in my memory. There was still so much snow at the top that I had to carry the bike

on foot over the pass was allowed to carry. Winter closures also have their advantages.

Personally, this triathlon challenge threw me off more often than it made me finish. Of my five starts, I only actually saw the finish line twice. This also shows me that I should only have started healthy and well prepared. But yes, better to try and fail than never to try. People will later say that you take more from a personal failure for real life, but in this situation I was just disappointed in myself. You then need the necessary distance to set yourself new goals.

You can really feel the passion that has gone into this event. Keep going! think that every triathlete in Austria should have done this thing – but it's like the Sölkpass, opinions differ – some love it, some curse it. Good luck to the organisers and to everyone who takes on this challenge.



**Exhausted, marked, but overjoyed – Michael Strasser after crossing the finish line at the Austria eXtreme Triathlon!**



## The Austria eXtreme Triathlon, not only a sporting flagship of Styria

**A triathlon that is not just a sporting challenge, but also connects, inspires and changes lives.**

When we were lucky enough to get a starting place at the Austria Extreme in 2015, we had no idea what was in store for us: It will change your life - is the motto of this competition!

During training, we were able to get to know one of the most beautiful sides of our homeland, which until then had been hidden from us. Maria and Hugo Schwarz have created a true masterpiece with the course design! In addition to the sporting challenge, the swim in the Mur is an unbelievable natural spectacle and the bike course is unrivalled: it is 186 km long and more than 3,000 metres in altitude, peppered with incredibly wonderful scenery, varied and unique.

### **Lasting impressions: A route that enchants**

The crowning glory, the running section, emotional highs thanks to its closeness to nature, which helps you many a „runner's low“ (after all, you've already been in high performance mode for 10 hours)! Here you realise how close to nature and emotionally moving running can actually be! First you cross the dam wall of the Sölk-sperre dam with the most powerful masses of water on your left, with the mightiest masses of water on your left, you cross the dam wall of the Sölk dam and then make your way through forests and meadows, over hill and dale, along streams and streams. and rivers up to the Dach-

stein. The route rarely sees tarmac and when it through the middle of one farm or another, where (the real!) locals make themselves useful at refreshment stations, you get a direct insight into the traditional and endearing way of life in our country. At the last checkpoint, the view from the Dachstein Südwand hut into the valley opens your heart - it is the icing on the cake of the race and makes up for all your efforts and endeavours!

So it's no wonder that after year, athletes from all over the world spare no effort to take part in this event. No distance is too far for them: participants from South Africa, South America, Australia and even China are the order of the day. There are even „regular guests“, such as a delegation from China, who keep delighting us with their participation! In addition to the sporting challenge, they all enjoy our culture, the wonderful beauty of our country, the breathtaking route and, above all, the warmth and community spirit of this triathlon. This is from the 1. to the very last metre. It is therefore not surprising that countless heart-wrenching anecdotes have taken place over the last 10 years - right up to the marriage proposal directly after crossing the finish line!

### **International enthusiasm: athletes from all over the world**

We know that sport brings people together and Austria extreme is a prime



example of this: countless friendships have been formed through and around it, cultural fears of contact have disappeared, countries and nationalities have come together - phenomena that cannot be sufficiently appreciated in this day and age. Styria and Austria can be proud to be home to such an event!

#### **A life-changing adventure: from participant to supporter**

Even before the 2015 race was over for me, I realised that the We were delighted when the Schwarz family signalled to us that we would be wel-

come as volunteers, sponsors and advisors. Since then, we have wholeheartedly supported this fantastic event for 10 years now and have richly rewarded: We have experienced countless joyful moments, exciting and unforgettable situations that will always be remembered and have made friends.

Thank you dear Maria, thank you dear Hugo - we are proud to be part of the Austria Extreme family!

It has changed our life :-)

**Leni, Petra and Raoul**

**With heart and dedication - the family as passionate volunteers at the Austria eXtreme Triathlon. A community that connects and inspires!**



## Premiere at the Austria eXtreme Triathlon: Our first Rookie of the Year

**Donato Crognale - an endurance athlete with unbridled willpower embarks on his first triathlon adventure.**



**Ready for new challenges - or for a dive? Donato Crognale, our first Rookie of the Year, takes the Austria eXtreme Triathlon with humour and determination!**

Unfortunately I do not have much experience swimming in rivers. There are no large rivers around my area and that is why I am relying on a local swimming pool. In the swimming department I am being taught by my great teacher Alessia, an expert swimmer in open waters and lakes. She is helping me improve my technique, and she is also aiding me in the mental sector, infact being confident while immersed in water is probably my greatest obstacle so far.

Yes, I do have a lot of mountains around where I live. Mainly the Gran Sasso and the Majella, which stand tall at respectively 2920 mt and 2790 mt. I like to go cycling around those mountains whenever I have the opportunity to do so, and that is why I do not mind altitude while on my bike. Besides cycling I also take every opportunity I have to go sky running. Given my experience, I would say altitude does not scare me. In fact being thousands of meters above sea level while almost touching a cloud feels quite comforting to me nowadays, however I would not dare to state that the triathlon will be easy.

That being said, I think the marathon is going to be the most enjoyable part of the whole race. I have taken part in races which I would consider much more challenging such as the U.T.M.B. (twice), the L.U.T. (three times), the SWISS ALPINE MARATHON DAVOS (twice), the ULTRAIBERICUS and the

TOR DE GEANT, so I do not think that 42 Km should be much of a problem, or at least I hope so!

My training mostly takes place after lunch and during the evening. From 12 to 15 I rotate between running and cycling, while the evening is currently dedicated to improving my swimming skills with my aforementioned teacher Alessia. The weekend is more intense as I spend both Saturday and Sunday training hard. On Saturday I make my way to sea and try to get myself swimming for at least 3 Km.

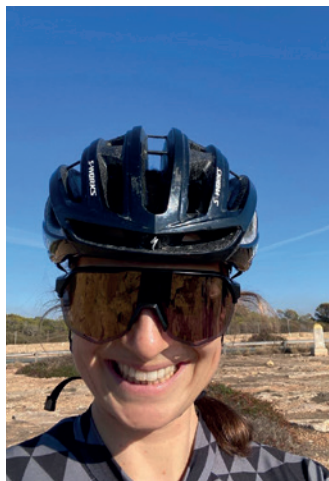
On Sunday I grab my bike and go cycle up in the mountains for at least 130 Km, and afterwards I pick a forest trail and start running till I get tired.

As of now I am putting most of my effort into swimming. It has always been one of my weakest points, and to be fair I am rather content that now I have a solid excuse to train my swimming rigorously.

My greatest support at the moment comes from my swimming teacher Alessia, mostly because thanks to her I am overcoming my small yet present fear of open waters, which to be honest I regard more as a natural instinct than an actual phobia. An honorable mention also goes to my nephew Egidio and my son Attilio, who sometimes keep me company during my mountain races.

Donato Crognale





**1**

**Andrea  
Rösch**  
SUI

supported by  
Jürg  
Weber



**2**

**Christoph  
Grün**  
AUT  
trispoat

supported by  
Caro  
Grün



**3**

**Horst  
Langmaier**  
AUT  
Lauftreff Nußdorf

supported by  
Christian  
Rausch



**4**

**Andreas  
Roth**  
GER

supported by  
Kristina  
Roth



**5**

**Gabor  
Lakatos**  
HUN

supported by  
Levente  
Lakatos



**7**

**Marcel  
Mangelberger**  
AUT

supported by  
Mario  
Mangelberger



**10**

**Katharina  
Wustinger**  
AUT  
LC Kapelln

supported by  
Patrizia  
Schram



**12**

**Wolfgang  
Pfeiffer**  
AUT  
RC TRI RUN ATUS Weiz

supported by  
Julian  
Pfeiffer

## Turned wood with passion

### A masterpiece is created from wood and heart



With precision and passion - Max Hollensteiner at work. Each piece of wood becomes a unique work of art in his hands.

Some people don't find their true calling by following a straight path. My path began as a trained car mechanic, followed later by a qualification as an electrical fitter. But apart from spanners and electrical circuits, my heart has always beaten for something else: wood. During my apprenticeship, I was fascinated by metal turning - the precision, the power, the craftsmanship. One day I thought to myself: if I can turn metal, then surely I can turn wood too! So I decided to build my own lathe - and got started.

My connection to nature drives me to use local wood. Yew, cherry, pear, apple, plum, walnut, maple, oak, chestnut, vinegar tree or Swiss stone pine - each type of wood its own personality. This results in unique pieces: lampshades, vases, bowls, hollowware, caskets, baubles, mills and even wearable, turned hats that are real eye-catchers. My latest highlight? The trophy for the Austria eXtreme Triathlon 2025 - a piece that combines strength and beauty.

#### Wood with a soul

Woodturning is more than just a craft. It requires precision, concentration and a feel for the material. But that's exactly what makes it so special: working with wood not only gives you satisfaction, but also countless positive experiences. At exhibitions and woodturning demonstrations, I share my passion with the public and show how something unique is created from a raw piece of wood.

My advice to anyone who is curious: Try it out! Woodturning is a journey - one that can not only teach you new skills, but also bring you closer to yourself. Seize the opportunity, grab a piece of wood and let your creativity run wild. Who knows what treasures lie dormant within you?

#### A journey to a true calling

The first attempts? Honestly a disappointment. But the fault didn't lie with my self-built bench, but with me - or rather, with my lack of knowledge at the time. Instead of giving up, I was gripped by enthusiasm. I went for woodturning courses, immersed myself in never-ending self-study and learnt to decipher the secrets of wood. Today I know that woodturning is not just technology, but also passion, patience and dedication.

I am particularly fond of the wet wood technique. They allow me to emphasise the natural beauty of the wood - the grain, the natural edge, the sapwood or the core formation. Each piece tells its own story and I see it as my task to bring this to life. From the precise treatment from finishing and fine sanding to oiling and polishing - the perfect final treatment is a must for me.







16

**Nicole Fahrngruber**  
AUT  
OMNiBiOTiC-Powerteam

supported by  
Tanja Spielberger



18

**Markus Schreiber**  
AUT

supported by  
Andreas Schreiber



20

**Caroline Delplanque**  
FRA

supported by  
Nicolas DOUBLECOURT



22

**Alejandro Olvera Ortega**  
GER

supported by  
Jacob Lange



23

**Giuseppe Alessandrino**  
ITA

CUS PROPATRIA TRIATHLON  
supported by  
Marco Ripamonti



24

**Carmen Ohr**  
GER  
MTG Mannheim Triathlon

supported by  
Mike Märtz



26

**Alois Alter**  
AUT

Personal Peak  
supported by  
Manfred Lindner



28

**Martin Burger**  
AUT  
Team  
Wipfelwanderweglauf  
supported by  
Robert Binder





# Checkpoint Silberkarklamm - The „point of no return“!

**This is where everything is decided: whoever makes it to us faces the ultimate challenge of the Austria eXtreme Triathlon!**



We, Marianne, Paul and Hannes, have been organising the Silberkarklamm checkpoint for several years now. This is where the last and certainly most strenuous section of the Austria eXtreme Triathlon begins for the participants. If you reach our checkpoint within the cut-off time (20:00), there is no turning back; you have reached the „point of no return“, so to speak.

Before the athletes set off with their supporter, however, we check the equipment that must be carried for the last stage (catering, food and drink, etc.).

- solid and liquid, clothing such as jacket, rain protection, headgear, emergency blanket, working headlamp and a mobile phone with a stored emergency number).

How does the „bag check“ actually work? The supporter comes to us with their rucksack in good time (unfortunately this is not always the

case) and we check the contents. You can compare the bag check with to a baggage check at customs, whereby, in contrast to a customs check, we are very much aware of

„excess quantities“. Speaking of „customs control“, Marianne and Hannes know their way around. They both worked at customs until recently. After the bag check, the rucksack is labelled with a badge and that's it.

Most athletes reach our checkpoint by the cut-off time. Unfortunately, this is not always the case. It hurts our hearts when we then have to withdraw the athlete from the race. Incidentally, one athlete only managed to reach our checkpoint by the cut-off time on her fourth attempt and completed the Austria eXtreme Triathlon. Chapeau!

We wish all athletes all the best for the 10th Austria eXtreme Triathlon!

ps: We are waiting for you at the Silberkarklamm! checkpoint




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**30**

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**Sven  
Poor**  
AUT

supported by  
Lorenz  
Lichtenegger




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**32**

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**Rachel  
Rabissoni**  
ITA  
CUS PRO PATRIA MILANO

supported by  
Stefania  
Brau




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**34**

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**John  
Fitzgerald**  
USA  
USA Triathlon

supported by  
Jennifer  
Fitzgerald




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**36**

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**Peter  
Kuhn**  
SUI

supported by  
Sandra  
Dänzer



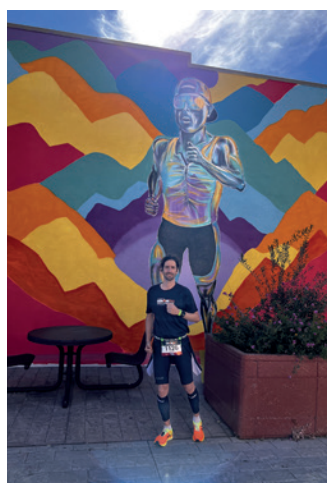

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**38**

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**Matthias  
Cusumano**  
AUT  
SU TRI STYRIA

supported by  
Max  
Mustermann




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**40**

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**Filipe Daniel  
Neves Lino**  
AUT

supported by  
Romeu  
Amado




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**41**

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**Tatjana  
Fiedler**  
AUT  
dertriathlon.com  
Fürstenfeld  
supported by  
Markus  
Poesendorfer




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**44**

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**Robert  
Berger**  
AUT  
Team Wappla  
supported by  
Christoph  
Feigl



## Austria eXtreme Triathlon – An extraordinary event and a strong partnership

**For ten years now, the Austria eXtreme Triathlon has been challenging athletes to push themselves to their limits – both physically and mentally.**

And we, the Ramsauer Verkehrsbetriebe, have been able to accompany and help organise this special event for just as long. It is a partnership that we are proud of, as it reflects much of what we stand for: Passion, perseverance and a love for the unique nature of the Dachstein.

As the operator of the buses that transport athletes and visitors safely through the region, as the person responsible for the Dachstein Bad & Fitness, which is used for both regeneration and training, and as the operator of the cross-country ski trails and winter hiking trails in winter and the hiking trails and via ferratas in summer, we have been helping to ensure that the Austria eXtreme Triathlon can take place in this form for years. Our infrastructure is an important part of the event – be it for the preparation of the participants or for their recovery after the competition.

We are proud that our commitment to the region and the sport has created such a strong connection to the Austria eXtreme Triathlon. This event is a highlight for the endurance scene and a prime example of how nature, sport and organisation come together at the highest level. The emotions triggered by this triathlon are inspiring every year – and it is precisely this passion that drives us to create the best conditions for locals, guests and athletes.

A big thank you to the organising team, who put their heart and soul into making this unique event possible. We look forward to cheering on the finish line again on 21 June 2025 and witnessing the closing ceremony in Öblarn on 22 June 2025. Because it's events like this that bring people together – and that's what matters in the end.





48

**Giancarlo  
Potenza**

**ITA**

Cus Pro Patria triathlon  
Milano F.I.T.R.I.  
supported by  
Caterina  
Calandrino



50

**Peter  
Anton**

**AUT**

supported by  
Thomas  
Anton



52

**János  
Pepó**

**HUN**

supported by  
Tamás  
Fazekas



54

**Johann  
Zagler**

**AUT**

IGN Tritteam Therme Nova  
Köflach  
supported by  
Thomas  
Filzwieser



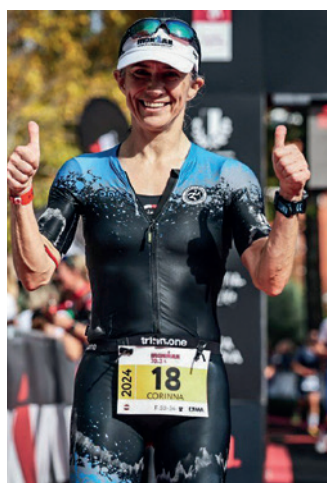
55

**Helmut  
Daller**

**GER**

Team Dallis

supported by  
Kilian  
Daller



56

**Corinna  
Fenzl**

**AUT**

Der Jogler

supported by  
Hubert  
Gillesberger



58

**Christoph  
Krüger**

**GER**

Dresden Laubegast

supported by  
Janin  
Krüger



60

**Ivan  
Slukan**

**CRO**

supported by  
Zlatko  
Bratic

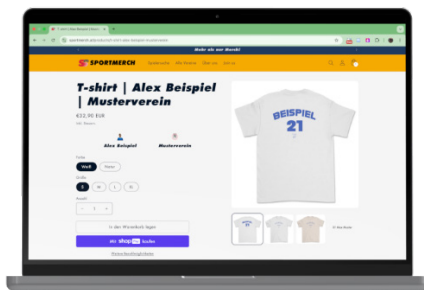
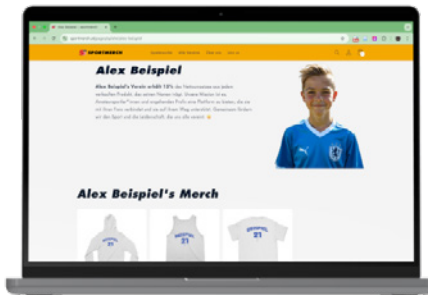


## Your name. Your team. Your moment. Passion unites.

**Sportmerch.at strengthens the connection between athletes, teams and fans through personalised merchandising – innovative, simple and risk-free.**



**Full support for the athlete! Personalised shirts with names and numbers make every competition an unforgettable experience – for athletes and fans alike.'**



**Simple and free: every athlete gets their own online store, at no cost or effort – fans and supporters can order their favourite items directly.**

Whether you are a club or an event organiser, personalised shirts and hoodies create a sense of identity, strengthen the community and provide a new, risk-free source of income. sportmerch makes it possible: high-quality fan and team items with the names and numbers of the athletes, with no effort required by the club or event organiser.

### **Lasting emotions**

Every athlete knows the feeling: hard preparation, the big competition – and afterwards? Besides medals, it is mainly memories that remain. A shirt with your own name or starting number makes this moment tangible. Clubs also benefit: uniform colours strengthen team spirit, personalised clothing makes it unique.

Fans, family and supporters can also purchase high-quality club clothing to show their solidarity. This strengthens the emotional bond with the team and the event.

### **More than just merchandising – a vision for sport**

Our mission goes beyond just selling merchandise. We want to take fan culture in Austria and Europe to a new level – inspired by the American standard, where sports teams of all levels benefit from a strong merchandising culture. Our vision: every amateur club should have the opportunity to offer professional merchandise that players and fans can wear with pride.

### **New revenue stream with no effort**

Sports events like the Austria eXtreme Triathlon live from the passion of their participants. With event merchandising, not only the athletes benefit, but also the organisers – without any additional organisational effort.

Sportmerch takes care of design, production and shipping. Participants order directly via a dedicated platform, and a portion of the revenue goes to the organiser or club. This creates a risk-free way to promote the sport financially.

### **Show your community spirit – on and off the track**

Whether after a triathlon or in club life: anyone who wears a shirt with their name or club logo shows their solidarity. Sport is passion, community and identity – and with personalised items from Sportmerch, this becomes visible.

### **More information at:**

**www.sportmerch.at or at andreas@sportmerch.at**






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**62**

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**Miloslav  
Pasek**  
**CZE**  
Lipovka

supported by  
Monika  
Paskova




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**64**

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**Derk  
Alken**  
**GER**  
Union Lohne / SUS Darme

supported by  
Sonja  
Alken




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**70**

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**Sylvia  
Moser**  
**AUT**  
RTR ATUS WEIZ

supported by  
Sabrina  
Schmidt




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**72**

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**Christian  
Kotschenreuther**  
**GER**

supported by  
Christian  
Kotschenreuther




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**74**

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**Luca  
Antenucci**  
**ITA**

supported by  
Francesco  
Antenucci




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**78**

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**Timo  
Schoon**  
**NED**  
,-

supported by  
Marjolijn  
Vries de




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**80**

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**Ingo  
Doppler**  
**AUT**

supported by  
Markus  
Holzmann




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**82**

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**Lukas  
Schütz**  
**AUT**  
Schützengerl

supported by  
Friedrich  
Schütz





I'm sure you've all heard stories about confusion between Australia and Austria. The fact that a company in Austria has a kangaroo in its logo has certainly not helped to resolve these misunderstandings.

# Peter Sammer

## or how a kangaroo became native to Styria



Peter Sammer

founded the hurtigflink LTC club with a few like-minded people. Running (over longer distances) and triathlon were chosen as the club's specialities. Club life and administration were to be minimised and the fun of sport was to be emphasised. The focus is not on chasing records and medals, but on the development of each individual member, within the scope of their own abilities, should be facilitated by a loose and informal club structure. Anyone who just wants to join for the fun of it is just as welcome.

As Peter Sammer was keen to sponsor the club from the outset, it was only logical that the club also adopted the kangaroo in its logo. This contributed significantly to raising the club's profile. Since its foundation, the club members have been seen at many running and triathlon events.

It is also thanks to the restless spirit of Peter Sammer that both the company and the club have repeatedly been involved in the organisation of various events in the greater Graz area. The decision to become involved in sponsoring the now well-established autXtri in economically rather mixed times probably has several reasons. Firstly, of course, the personal friendship with the organising team and then, of course, the certainty that even visionaries cannot survive in the long term without financial support.

[www.hurtigflink-ltc.at](http://www.hurtigflink-ltc.at)

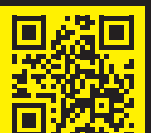
The marsupial in the logo was chosen with care, as it was a good fit for a company that was founded for the purpose of delivering free newspapers and advertising material. We are talking about hurtigflink Zeitungs- und Werbemittel Verteilungsges.m.b.H., which was founded in 1993. The development of this company is inextricably linked to the person of Peter Sammer, who helped launch it as Managing Director in 1993 and has also been the majority owner of the company since 2005.

Peter Sammer was born in 1951. He grew up in Semriach. Soon after completing his apprenticeship as a bricklayer, he successfully tried his hand at sales. First in the soft drinks sector. He then worked for many years in sales for daily newspapers in Austria (Kronen Zeitung, Kleine Zeitung, Täglich alles) and in Germany. He is one of that rare breed of people who can go from talking to doing, i.e. realising tasks and getting projects off the ground. He also benefits from the fact that he is good with people. This is an important quality, as in the company's business areas, which

in addition to the core business of distribution also include contract and temporary work, you are always dealing with clients, employees, subcontractors and end customers.

In addition to his job and his family (still married to Margarita in his first marriage, with one daughter Sabrina), he sought and found his balance in running more than 40 years ago. He developed an astonishing regularity and stamina. So it's no wonder that he soon competed in several marathons (at home and abroad) and later also took part in relay teams in 24-hour races.

The need to meet people and exchange ideas with them about shared interests initially led to joint training groups. In December 2004, he took the next step and





84

**Nicole  
Bretting**

**GER**

MTV Pfaffenhofen

supported by  
Heidi  
Brückner



86

**Petr  
Soukup**

**CZE**

TJ Nova Paka

supported by  
Karina  
Vitkova



88

**Anja  
Deželak**

**SLO**

supported by  
Iztok  
Deželak



90

**Michael  
Ledinski**

**AUT**

supported by  
Bianca  
Ledinski



94

**Marcin  
Paszkowski**

**GER**

PersonalTriathlon.pl

supported by  
Patrycja  
Babiarczyk



96

**Job  
Hendrickx**

**NED**

supported by  
Thomas  
Hendrickx



100

**Donato  
Crognale**

**ITA**

Podisti Frentani

supported by  
Attilio  
Crognale



102

**Giuseppe  
Tateo**

**ITA**

3RACER

supported by  
Marco  
COMPAGNONI



# RADIO GRÜN WEISS

Unser Sender. Unsere Steiermark.



The Colors in the Name – A Tribute to Our Roots in the Green Heart of Austria! The values, traditions, cultural diversity, and unique way of life in Styria are reflected in the programming of Radio Grün Weiß! With a diverse selection of music, including Schlager, Austropop, oldies, and folk music, Grün Weiß has been accompanying thousands of listeners through their day since 1998. As a private radio station, it serves as an important platform for the local economy, politics, associations, and institutions. With Radio Grün Weiß, every day is simply better!

## A GREEN-WHITE SUCCESS STORY

For 27 years, Radio Grün Weiß has grown alongside its listeners. What began as a small regional radio project in the city of Leoben has developed into the second-largest private radio station in Styria – with a unique ownership structure in Austria! There are no large corporations or investors behind it—just two private individuals, Nicole Gollnhuber and Peter Petzner. This simplicity and direct ownership make the Styrian radio station stand out, and it is reflected in its daily work.

## WHERE HOME GOES ON AIR

What sets Radio Grün Weiß apart is its approach to broadcasting not just for Styria but with Styria and its people. Whether from the studio in Leoben or through live broadcasts from a mobile studio on-site—at this radio station, radio is lived and loved. This sense of closeness and authenticity is valued by around 70,000 daily listeners across Styria and beyond.

## THE GREEN-WHITE VARIETY

At the beginning of the year, Radio Grün Weiß unveiled a completely redesigned website for its listeners. Keeping up with the times, the Styrian private station not only delivers a diverse radio program but also provides on-demand news coverage via the Radio Grün Weiß website and the popular Radio Grün Weiß app! Additionally, followers on social media get exclusive behind-the-scenes insights into the world of private radio every day!



[www.gruen-weiss.at](http://www.gruen-weiss.at)



[radiogruenweiss](https://www.instagram.com/radiogruenweiss)



[Radio Grün Weiß](https://www.facebook.com/RadioGrünWeiß)



**104**

**Eliane Zimmermann**  
SUI  
Team Tempo-Sport

supported by  
André Schlosser



**106**

**Elroy Smit**  
NED

supported by  
Mark Huigen



**108**

**Manuele Drovandi**  
ITA  
Freestyle Triathlon

supported by  
Margherita Toschi



**110**

**Alejandro Fernández**  
ESP

supported by  
Miguel Sánchez



**112**

**Johannes Müller**  
GER

supported by  
Felix Schneider



**114**

**Lorenzo Ricci**  
ITA

supported by  
Matteo Bianchi



**115**

**Christian Reichelt**  
GER  
Böhnlein Sports Bamberg

supported by  
Elias Walter



**117**

**Miroslav Kira varga**  
SVK  
ŠK TRlclub Nitra

supported by  
Andrea Kiesel





**groox**  
FILMAGENTUR

# FILM CREWS WHO **LIVE THE SPORT!**



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**TOURISM  
EVENT  
PEOPLE  
BRAND**

**A** triathlon is more than just a competition - it's a story that needs to be told. For almost 20 years, we have been where the sport is at its most intense - not only with the camera, but also as athletes.

Our journey began with Jürgen "groox" Gruber, who came to extreme sports filming by chance. Today, our film agency GROOX accompanies the Race Across America, one of the toughest road bike races in the world, as well as extreme challenges such as Wolfgang Fasching's 10,000 km ride through Russia. Our team works under extreme conditions - including 20-hour shifts - to bring adventure to life in real time.

## More than filming - we are right in the middle of it

Our goal: films that inspire. Our camera teams are not only on the course, but are often there running, climbing or swimming themselves. As a partner, service provider and sponsor, we capture emotions, effort and the incredible stories behind the performances. Whether at "Beat The City", the SPORT AUSTRIA FINALS or for the Olympic Team Austria. We bring sports to the world, wherever it's watched.

## AUTXTRI - We are taking part

For the 10<sup>th</sup> anniversary of the Austria eXtreme Triathlon, we are not only the film team, but also participants. Because to understand the spirit of an event, you have to experience it for yourself.

Whether on the bike, in the water or with the camera - GROOX captures events in such a way that they will be remembered and inspire others.

### groox SPORTFILM

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BUNDES-SPORTORGANISATION





# TEAMS



## TEAM

200

### d'Peggauer

Swim

Dominic Hassler

Bike

Michael Wapplinger

Run

Daniel Reinbacher



## TEAM

210

### Keep on Cooling

Swim

Walter Berger

Bike

Christian Schwald

Run

Sonja Flandorfer



## TEAM

220

### Play`N`Tri

Swim

Eleonora (Nori) Kovacs

Bike

Thomas Strausz

Run

Iris Metschitzer



# Mountain air? *Feel the challenge!*

**Schladming-Dachstein in Styria – a region for true mountain sports enthusiasts. Those who dare to tackle the route here are not only seeking the panorama but, above all, the challenge. Rugged rock faces, exposed ridges, and steep ascents demand full concentration and strength.**

Anyone venturing into the northern part of the Schladming-Dachstein region moves through alpine terrain. The Dachstein South Face is considered a classic in the climbing scene, while the “Dachstein Super Ferrata,” with 1,200 vertical meters of continuous steepness, is regarded as **the crown stage of Austrian via ferrata routes**. But both the Silberkarklamm and the Stoderzinken offer routes for via ferrata enthusiasts looking to further develop their skills.

Maximum control and complete endurance – this is needed not only by via ferrata fans in Schladming-Dachstein, but also by mountain bikers and trail runners. The **bike parks on the Planai and the Reiteralm** challenge you with demanding lines, fast curves, and technical passages that require full concentration. Those who want to test their endurance and strength take on the region’s mountain bike trails. Trail runners confront the steep ascents and challenging terrain changes of the Schladming Tauern, where every vertical meter becomes the ultimate test of endurance.

**Tourismusverband Schladming-Dachstein**  
Ramsauerstraße 756,  
A-8970 Schladming  
info@schladming-dachstein.at  
schladming-dachstein.at



After a day full of sporting challenges, the region offers the perfect setting for active recovery. **Crystal-clear mountain lakes, panoramic huts, and culinary highlights** such as “Almkulinarik by Richard Rauch” provide renewed energy.

The **Schladming-Dachstein Sommercard** opens up all possibilities: mountain lifts for quick vertical gains, free admissions, and many other advantages for an adventure in the mountains of the Schladming-Dachstein region.

© TVB Schladming-Dachstein | Mathäus Gartner



# TEAMS



## TEAM

230

### Ippas 3 Speedys

Swim

Patrick Gruber

Bike

Klaus Weißenbacher

Run

Markus Reinbacher



## TEAM

240

### Team Skinfit Berghof-Brandalm

Swim

Erwin Huss

Bike

Philipp Lamprecht

Run

Philipp Schrempf



## TEAM

250

### Team Öblarn

Swim

Harald Zamberger

Bike

Bernd Tatzreiter

Run

Markus Pircher





# Claudia Müller

Fear begins in the mind – so does courage!  
 Extreme athlete  
 World champion  
 Volunteer

## austria **eXtreme** TRIATHLON

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 June 01, 2025, at 4:00 PM  
 June 19, 2025, at 4:00 PM




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# TEAMS



## TEAM

260

### BTB Family Tours 2.0

Swim

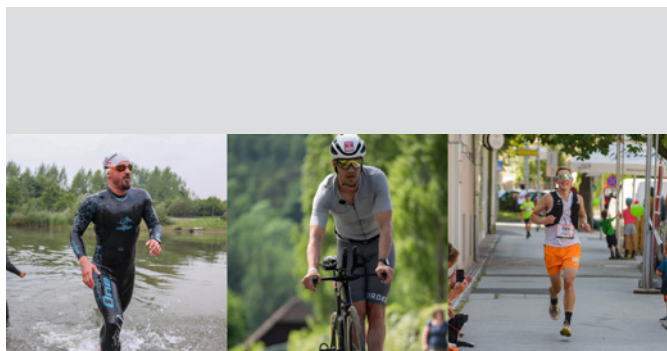
Barbara Masser

Bike

Thomas Masser

Run

Bernhard Raffner



## TEAM

270

### Austrian Dad-letes

Swim

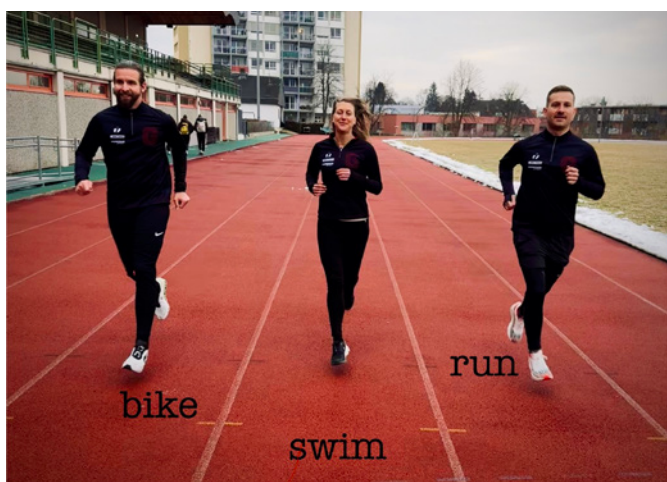
Daniel Wiedner-Hiebaum

Bike

Stefan Kollegger

Run

Hannes Lattacher



## TEAM

280

### runninGrazUnlimited

Swim

Theresa Zwach

Bike

Dominik Osterland

Run

Matthias Weber



# Finisher-Shirts by JOLSPORT

## More than just a T-shirt

A symbol of your endurance  
and eXtreme performance!



# TEAMS



## TEAM

290

### HT Schweiger Endurance Crew

Swim

Hermann Illmer

Bike

Elijah Schweiger

Run

Jonas Schweiger



## TEAM

300

### GROOX SPORTFILM

Swim

Melanie Zotter

Bike

Christian Almer

Run

Markus Sauer





# Partner of autXtri

Thank you for the partnership.







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