

eXtremeMan D80

Balatonszemes 2025

Middle Distance Duathlon and Sports Festival

Race information

The aim of the competition:

As an integral part of the "Prepare for ironman with us" programme, a run-off competition for the prospective participants of eXtremeMan Nagyatád.

To learn the two branches of triathlon (cycling, running) and try them out in a race.

To provide a competition venue for duathlon enthusiasts.

To introduce Balatonszemes through sport activities.

Date:

28th of September, 2025

The competition is organised by eXtremeMan Kft. (extrememan@extrememan.hu)

Organising Committee Chairman: Dr. Gyula Herr

Competition Director: József Szliczki

Computer data processing: eVoChip Hungary Kft.

Technical Supervisor: in progress...

Chief Referee: in progress...

Programme manager: Péter Attila

Distance of the race:

eXtremeManD80 Balatonszemes

80 km, middle distance duathlon

Running: 10 km Cycling: 60 km; Running: 10 km

eXtremeManD40 Balatonszemes

40 km, sprint

Running: 6,6 km Cycling: 30 km; Running: 3,3 km

eXtremeManD16,6 Balatonszemes

Running: 3,3 km Cycling: 10 km; Running: 3,3 km

Start and finish:

Balatonszemes, Rózsa Park(<https://maps.app.goo.gl/qj555hemA9js1yRy7>)

Schedule:

28th of September (Sunday)

8:30 - the Race Office opens at the Race Centre

Balatonszemes- Rózsa Park <https://maps.app.goo.gl/qj555hemA9js1yRy7>

Parking, toilets, changing rooms: <https://maps.app.goo.gl/fU9v4z8mscmqgxl88> (P1 parking - on map)

8:30- 10:30 am - reception of competitors, collection of starting numbers, information

10:00 - 10:50 the DEPO opens D80, D40, D16,6

10:00 eXtremeMan Running Festival Balatonszemes

10:15 - technical information

10:50 - check in

11:00 the eXtremeMan D80 Balatonszemes Middle Distance Duathlon (national competition) 2025

11:01 start of the eXtremeMan D40

11:02 start of the eXtremeMan D16,6

approx. 11:30 - the first D80 competitors finish the first run

approx. 13:20 - the first D80 riders finish the cycling

approx. - 13:50 the first D80 finishers

14:00 DEPO opens D16,6

14:30 Results D16,6 - DEPO open D40

15:00 eXtremeMan ITT30 start - singles

15:30 Results D40 - DEPO opens D80

16:30 Results D80 and ITT30

Route:

10 km run: in Balatonszemes - three rounds

Start: Balatonszemes, Rózsapark The course consists of three 3300 m laps.

Route: Rózsapark- Fenyvespark- Tompa Mihály utca- Hárs utca- Kápolna utca- Bagolyvár utca- Sóhajok hídjá- Szabadság utca- Kisfaludy utca- Rózsapark

Level difference: 33 m per lap

Time limit: 1 hour 20 min. until the start of the cycling

Map of the course : <https://ridewithgps.com/routes/48027235>

60 km of cycling: between Balatonszemes- Balatonőszöd- Balatonszárszó - in six laps

Start: Balatonszemes, Rózsapark. The course consists of six 10 km laps.

Route: Rózsapark- Tűzoltó utca- Óvoda köz- Szabadság utca- 7-es út- körforgalom- autópálya felhajtó- körforgalom- 7-es út- fordító- 7-es út - körforgalom - Szabadság utca- vasútállomás

On good quality asphalt with a full road closure.

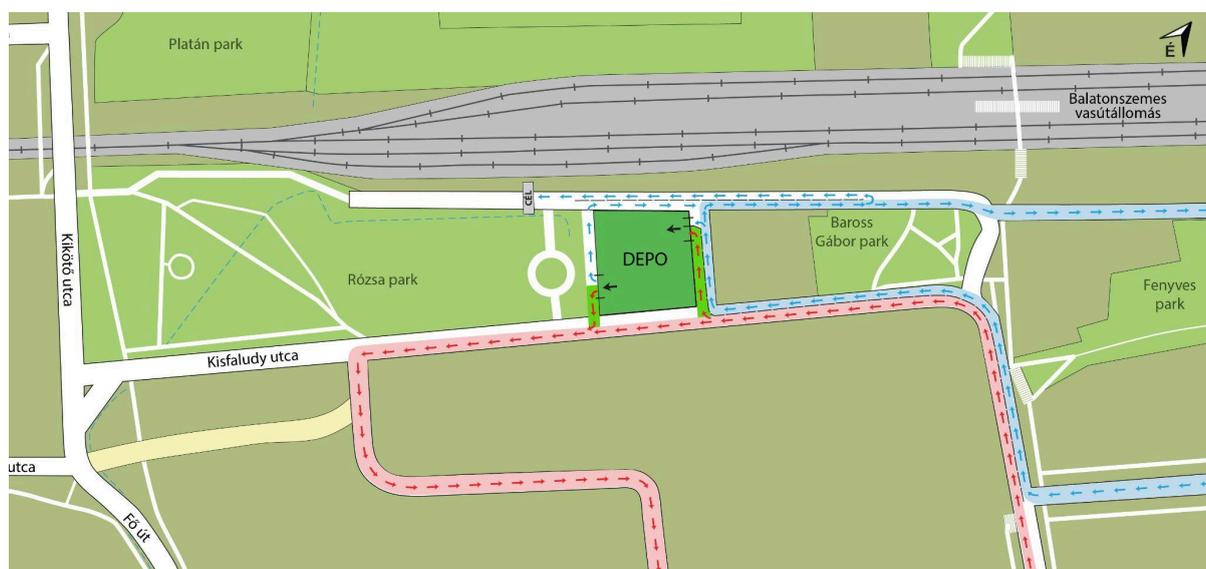
When cycling, you must obey the rules of the Highway Code.

Level difference: 53 m per lap

Map of the course : <https://ridewithgps.com/routes/48027155>

10 km run: same as the first run

Track:



Limit time:

Limit time: 3 hours 45 minutes until the start of the sixth cycle lap

6 hours on the D80

none for the other distances

Participants:

Only competitors born in 2007 and before can compete in the individual competition.

for the D40 distance, competitors born in 2007 and before

in the D16.6 distance, for competitors licensed in 2011, try the triathlon event, but aged 16 and over

in relay with parental permission

Anyone can run in the Running Race

Entry:

The entry fee includes all the services that we encourage everyone to use during the race (some of which are compulsory for proper racing): the start number, chip, etiquette, refreshment station services, medal and finish pack (for immediate refreshment), medical care if needed.

You can choose additional products and enter other races at the same time with a great discount. Our additional products will only be added to the list in the future (e.g. Finisher T-shirt, canteen, swim cap).

In the top left-hand corner of the entry form, you will find detailed information on the entry and cancellation fees. In the top right-hand corner, you will find information about the current entry fee and the price of the additional products you have chosen, the discounts available and how to use your current account balance. This will determine the amount to be paid. If you cannot find a discount, please check the reason before you pay. Unfortunately, we cannot make any changes afterwards.

The entry fee can only be paid by credit card. The instructions on the screen will guide you to a successful registration.

If you are unsuccessful, you simply have to re-enter. There is nothing more to do with a previous failed entry. (You will be unsuccessful if you click the back button, close your browser prematurely, try to pay with the wrong card or have insufficient funds on your card.)

Only successful entries will be entered in the **entry list**, no further action will be taken for unsuccessful entries.

The **Home** interface can be accessed by clicking on the username in the drop-down list. Here you will find a table with the name of each of your tournament names (left column) and the name and number of products associated with them (right column), together with their order IDs. The races in the right column are races that you have purchased at a discount in connection with the entry of another race. Green check marks successful entries or product purchases, red lines and strikethrough indicate failed or cancelled items.

Orders placed can be viewed in detail in the **My Orders** section. The green colour indicates successful orders.

If you enter a tournament and enter one or more other tournaments at a discounted price within the same order, or buy other additional products, these will be recorded as one order under the name of the main (base) tournament. The order ID is located in the bottom left corner of the window. Clicking on the window will also display the transaction line items. It is worth knowing when you enter that cancellations can only be made from the main name window and all related products and related race names will be cancelled. The cancellation fee shown here applies to the entire cancellation.

For any tournament you have previously entered, you can later buy an additional product, including other tournament entries at a discounted rate. Just click on the Entry section for the relevant competition and choose from the products. The system recognises that you have already entered that particular competition, so it does not charge you separately for the entry fee, only for the product you tick. If your order is successful, a new green window will appear in the My Orders section. Its name will be Order Addendum and the blue button in the middle will show which main order (base order) it is linked to. The Order Addendum cannot be cancelled separately.

Cancellation:

The deadline for cancelling entries and the cost of handling them will be indicated on the entry form for each event, and can be viewed in the My Orders section after registration.

In case of cancellation, there are 2 options to choose from. The entry fee can be refunded or credited to the account and used for the next entry. In the latter case, the handling fee is lower.

To cancel, click on the cancellation option of your choice in the My Orders tab and select the appropriate race.

Attention! In the event of a cancellation, any additional products and tournament entries purchased for a particular tournament will also be cancelled, whether purchased at the same time or later. The cancellation fee shown applies to the entire cancellation.

In the event of a successful cancellation, the items will be crossed out in the Home interface.

We cannot accept cancellations after the deadline.

Timing:

With chip.

Refreshment:

Canteen replacement during cycling. With High5 and NaturAqua products.
During running, High5 gel, NaturAqua water, and salt tablets.

Awarding:

The winners of the individual competition in each age group will be awarded the MTSZ championship medal, the age groups will be judged on a five-year basis.

A team competition will also be announced and awarded.

In the relay competition, medals will be awarded to the 1st to 3rd place finishers.

ALL participating finishers will receive a medal.

Rules:

If the competitor's medical condition is deemed by the race doctors to be unfit to continue the race, the competitor shall retire from the race and surrender his/her start number at the request of the Chief Judge.

The eXtremeMan D80 Balatonszemes 2025 individual race is only open to competitors with a valid race licence.

The provisions of the official rule book of the Hungarian Triathlon Federation apply to all competitors, including those competing in relays.

https://www.extrememan.hu/filekezelorendszer/dok/kozoz/2024_Versenyszabalyzat_.pdf

Rambling while cycling is prohibited! In the first (suspect) case, a blue card will be shown by the race referee. This means that the rider is obliged to spend 2 minutes in the "Penalty box" at the end of the lap in the race centre. The Penalty Box is located directly in front of the lap counting chip mat. This is the competitor's own responsibility, failure to complete the penalty will result in disqualification. If a second blue card is shown, the competitor will be disqualified.

Safety fee: 10.000Ft.

Doping control is expected.

[Generally participate rules](#)

Others:

- If you have any questions, please email: zsofiapeter@extrememan.hu
- We will take pictures and videos during the competition and use them after the competition.
- We reserve the right to make changes!