

eXtremeMan113
Balatonszemes 2025
Middle Distance triathlon and Sports Festival
Race information

The aim of the competition:

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

Learning the sport of triathlon (swimming, cycling, running) and trying it out in a race.

To introduce Balatonszemes through sport activities.

Date:

31th of May, 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:

eXtremeMan113 Balatonszemes

113 km, middle distance duatlon

Swimming: 1,9 km Cycling: 90 km; Running: 21,1 km

"Try the triathlon" distances:

"Start": 1 lap of swimming, 1 lap of cycling, 1 lap of running

Swimming: 400 m Cycling: 12,85 km; Running: 3,5 km

"Advanced" : 1 laps swimming, 3 laps cycling, 3 laps running

Swimming: 400 m Cycling: 38,55 km; Running: 10,5 km

Bike only: ITT30

Running only: 3.5 km

Start and finish:

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

Schedule:

30th of May (Friday)

18:00 - 21:00 - the Race Office is open at the Race Centre and a musical pasta party

31th of May (Saturday)

7:00 - the Race Office opens in the Race Centre

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

Parking, toilets, changing rooms: <https://maps.app.goo.gl/fU9v4z8mscmgxhL88>

(P1 parking - on map)

7:00 - 8:00 a.m. reception of competitors, collection of start numbers, information

7:30 - 8:30 the depot is open for all competitors

8:30 a.m. start of the "Run with us Balatonszemes" race

8:35 - technical briefing

8:45 - swim check in

9:00 start of eXtremeMan113 Balatonszemes

12:00 start of the "Try the triathlon" races

14:00 eXtremeManITT 30 start

15:00 DEPO opening

16:00 from 16:00 results announcement

Útvonal:

1,9 km of swimming in Lake Balaton, in the boat harbour

Limit time: 60 minutes to start cycling

90 km of cycling: between Balatonszemes - Balatonőszöd - Balatonszárszó

Start: Balatonszemes, Rózsapark.

The course consists of seven 12,85 km laps.

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

on good quality asphalt with a TOTAL road closure.

When cycling, the rules of the Highway Code must be observed.

Level difference: 53 m per lap

Map of the course : <https://ridewithgps.com/routes/49434323>

Limit time: the fourth lap of the bike race will be at 3:40:00 as the clock stands, the fifth lap must start at 4:30:00.

21 km of running: at Balatonszemes - six laps

Start: Balatonszemes, Rózsapark

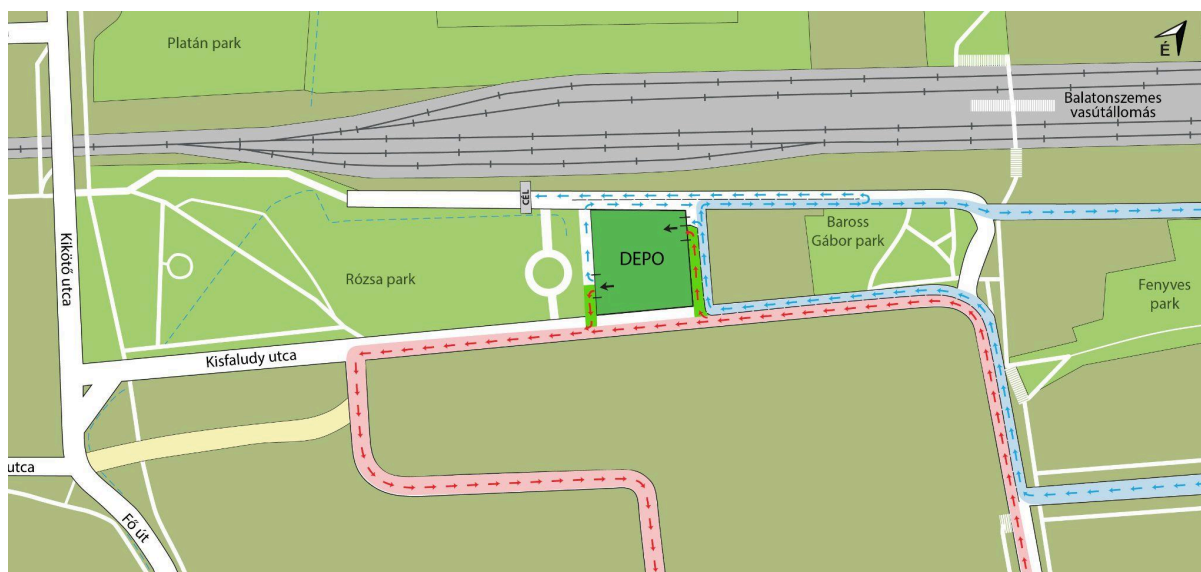
The course consists of six 3,500 m laps and a short finish.

Route: Rózsapark - Fenyvespark - Tompa Mihály utca - Hárs utca - Március 15. u. (turn at Tavasz u.) - Kápolna utca- Bagolyvár utca - Sóhajók bridge - Szabadság utca - Kisfaludy utca- Rózsapark

Level difference: 33 m per lap

Map of the course :

Track:



Limit time:

for the start of the running: 5:30 minutes to start the race

for the start of the third lap 6:15:00

for the start of the fifth lap 7:00:00

There is no time limit in the "Try the triathlon" races !

Participants:

At the eXtremeMan113 Balatonszemes in the individual competition only in 2007,

and before.

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:

Categories:

Individual adult, senior, veteran

In "try triathlon" competitions: medals will be awarded to the 1st to 3rd place finishers.

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 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!