



Nemzeti  
Sportfejlesztési és  
Módszertani Intézet



Magyar  
Triatlon



# **EXTREME MAN** **113** **Balatonszemes** *Az út maga a cél*

eXtremeMan113

Balatonszemes 2026

Middle Distance Triathlon and Sports Festival

Try triathlon distances – the Active Hungary station

Race information

The aim of the competition:

As an integral part of the "Get Ready for Ironman with Us" program, providing a preparatory competition for future participants of eXtremeMan Nagyatád.

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

Introducing Balatonszemes through sports activities.

## Date:

May 31, 2025 (Sunday)

Competition organizer: eXtremeMan Kft. (extrememan@extrememan.hu)

and Nagyatádi Triatlon SE

Organizing committee chair: Dr. Gyula Herr

Competition director: József Szliczki

Computer data processing: eVoChip Hungary Kft.

Technical supervisor: pending

Head referee: pending

Hosts: Attila Péter and Dávid Herr

## Race distance:

eXtremeMan113 Balatonszemes

113 km, half-distance race

Swimming: 1.9 km; Cycling: 90 km; Running: 21 km

“Try triathlon” distances: eXtremeMan17

“Get started”: 1 lap swimming, 1 lap cycling, 1 lap running (1+1+1)

Swimming: 400 m Cycling: 12.85 km; Running: 3.5 km

“For advanced athletes”: eXtremeMan49.5

1 lap swimming, 3 laps cycling, 3 laps running (1+3+3)

Swimming: 400 m Cycling: 38.55 km; Running: 10.5 km

Cycling only: ITT25.5

Running only: 3.5 km

## Start and finish:

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

## Schedule:

May 30 (Saturday)

6:00 p.m. - 8:00 p.m. - Race Office open at the Race Center and pasta party with music

6:30 p.m. Running track tour led by X-arcok and Herr Gyula

May 31 (Sunday)

7:00 a.m. - Race Office opens at the Race Center

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

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

(P1 parking lot - on the map)

7:00 - 9:00 a.m. - reception of competitors, collection of race numbers, information

7:30 - 9:30 a.m. - depots 1 and 2 open for all competitors

9:35 a.m. - technical briefing, location: DEPOT 1 on the waterfront

9:45 - swimming check-in

10:00 start of the eXtremeMan113 ranking competition in Balatonszemes

10:05 start of the eXtremeMan113 "Try Triathlon" race

12:00 start of the "Try Triathlon" races

3:30 p.m. DEPO opening

4:00 p.m. Announcement of results for the try it races

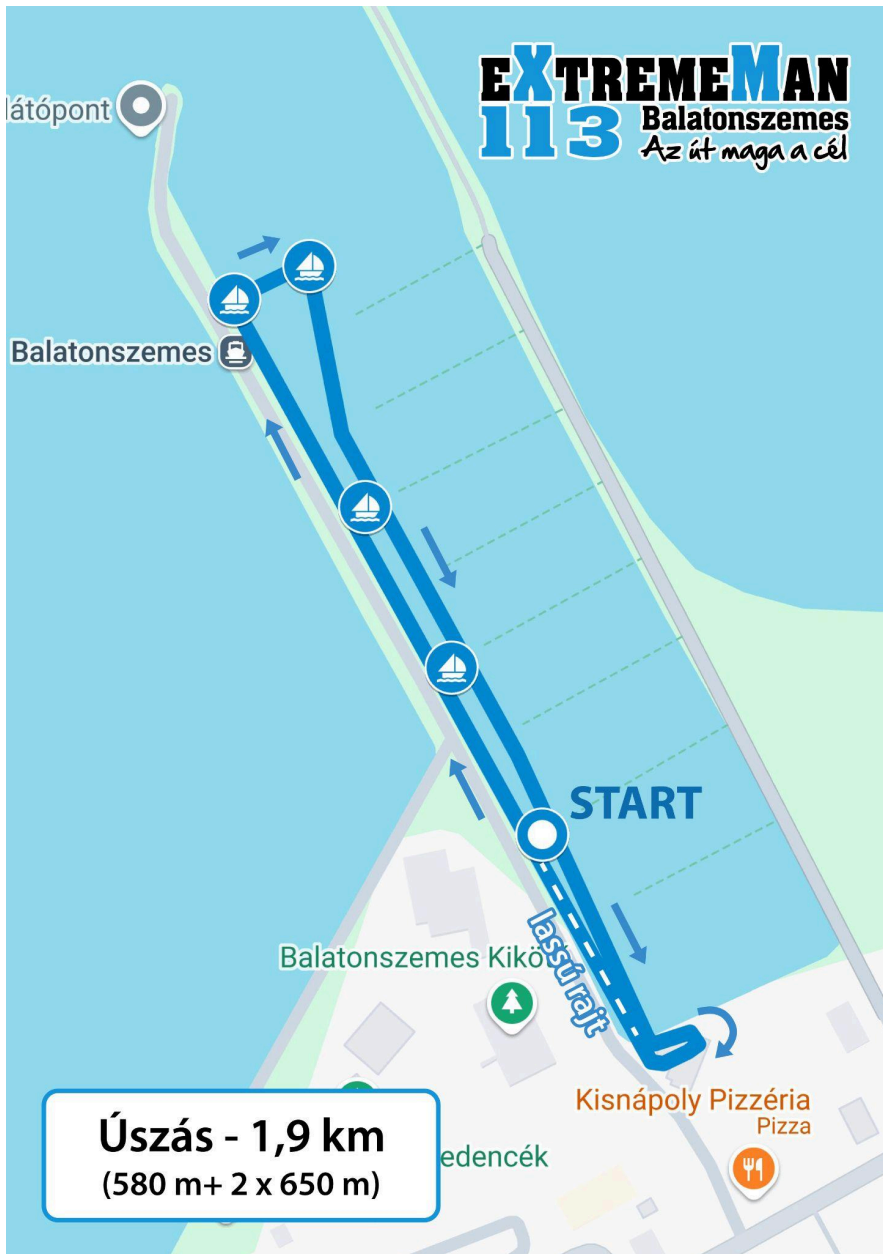
4:30 p.m. Performance by the Balatonszemes Dance Group

5:00 p.m. Announcement of results for eXtremeMan113 competitors

Route:

Swimming in Lake Balaton, the boat in the harbor

Time limit: 70 minutes to start cycling

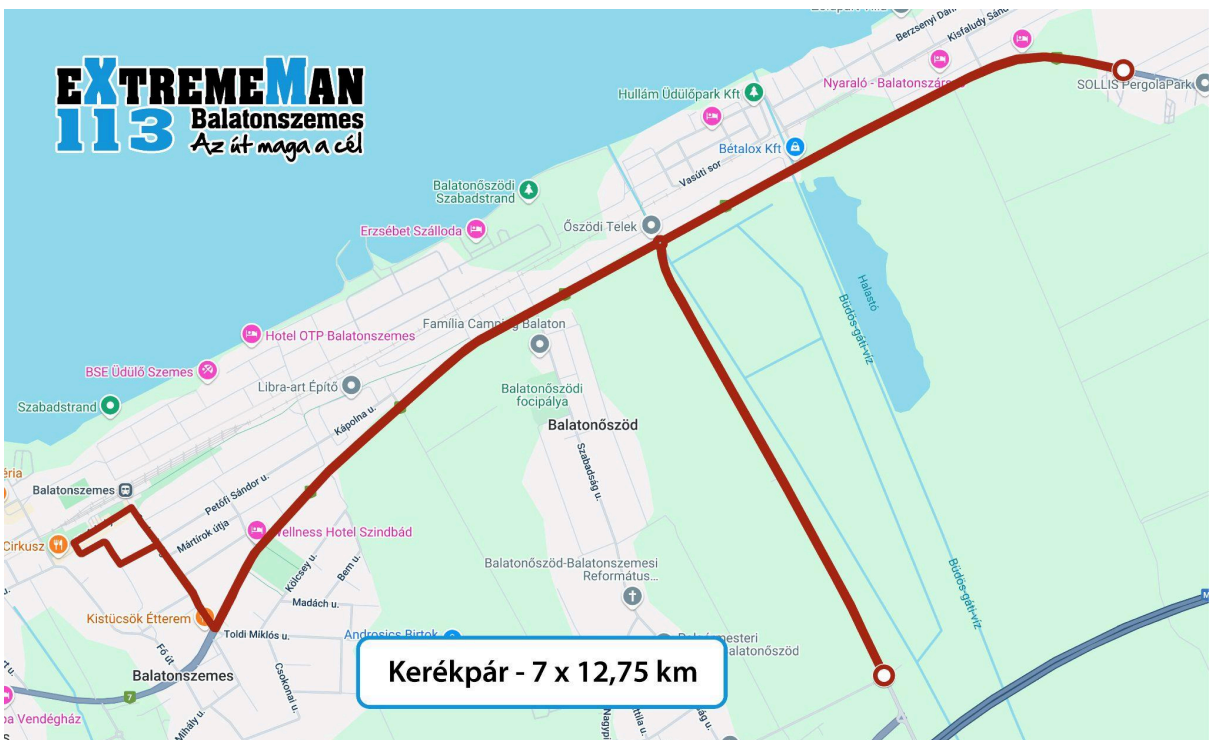


DEPO2 competition center



90 km cycling: Balatonszemes - Balatonőszöd - Balatonszárszó

Start: Balatonszemes, Rózsapark.



The race track consists of seven 12.75 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.

**Complete road closure with high-quality asphalt.**

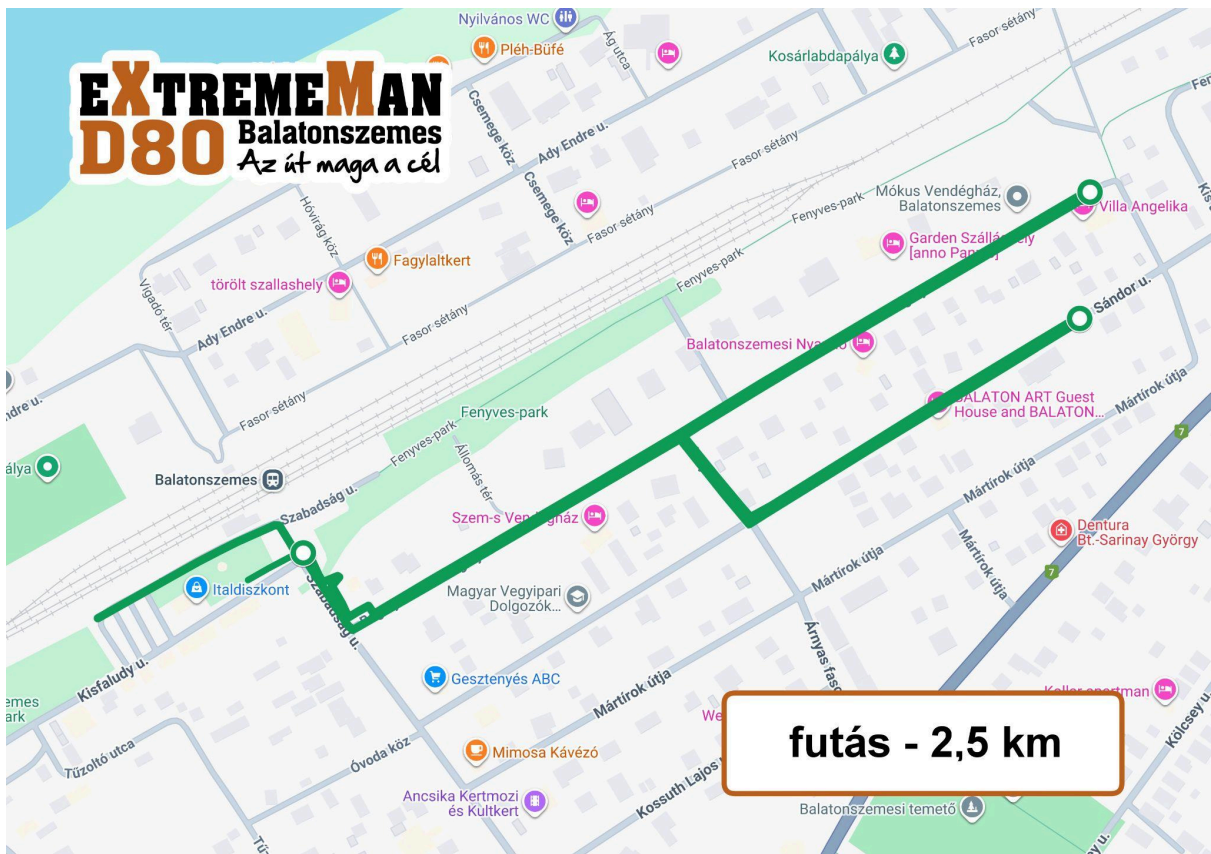
Traffic rules must be observed when cycling.

Elevation difference: 72 m per lap

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

Time limit: the fifth lap of cycling must start at 3:40:00 (CET: 13:40) according to the race clock, and the sixth lap must start at 4:30:00 (CET: 14:30).

21 km run: Balatonszemes – eight laps



Start: Balatonszemes, Rózsapark The race course consists of eight 2600 m laps.

Route: Rózsapark- Bagolyvár utca (turning point)- Árnypark- Petőfi utca (turning point)- Bagolyvár utca - Sójahajó hídja- Szabadság utca- Rózsapark

Level difference: 29 m per lap

Time limit: 1 hour 20 minutes until the start of cycling

Map of the track: <https://ridewithgps.com/routes/52580230>

Time limit:

Swimming 1 hour

The fifth lap of cycling must start at 3:40:00 (CET: 13:40) according to the race clock, and the sixth lap must start at 4:30:00 (CET: 14:30).

5:30 minutes to start running

6:15:00 hours to start the third lap of running

7:00:00 hours to start the fifth lap of running

There is no time limit for the "Try Triathlon" (1+1+1 and 1+3+3) race distances!

Participants:

Only competitors aged 18 and over can take part in the eXtremeMan113 Balatonszemes competition and the Try Triathlon advanced competition.

Competitors aged 14 and over can take part in the Try Triathlon beginner competition.

Anyone can participate in the "Run with us Balatonszemes" running race.

**Categories:**

eXtremeMan113

Individual adult, senior, veteran

women and men, and 3-5 person relay (women, men)

other distances

individual women/ men absolute 1-3

Registration:

The registration fee for the races includes all services that we recommend everyone to use during the race (some of which are mandatory for regular racing): race number, chip, labels, refreshment station services, medal and finisher's package (for immediate refreshment) at the finish line, and medical care if necessary.

You can choose additional products and register for other races at the same time with a large discount. Our additional products will only appear on the list in the future (e.g., water bottle, swimming cap).

Detailed information about the registration and cancellation fees is provided in the upper left corner of the registration form. In the upper right corner, we provide information about the current registration fee and the price of the selected additional products, the available discounts, and the possible use of your current account balance. This is how the amount to be paid is calculated. If you cannot find a discount, please check the reason before paying. Unfortunately, we cannot make changes retroactively.

The entry fee can only be paid by credit card. Follow the instructions on the screen to complete your entry successfully.

If your registration is unsuccessful, simply repeat the process. No further action is required for previous unsuccessful registrations. (Payment will be unsuccessful if you click the back button, close your browser prematurely, attempt to pay with an invalid card, or do not have sufficient funds on your card.)

Only successful registrations will be included in the registration list; no further action is required for unsuccessful registrations.

The Home page can be accessed by clicking on your username in the drop-down list. Here you will find a table listing your individual race registrations (left column) and the names and quantities of the related products (right column) together with the order IDs. The competitions listed in the right-hand column are those that you purchased at a discount in connection with another competition entry. A green check mark indicates successful entries and product purchases, while a red line and strikethrough indicate unsuccessful or canceled items.

Placed orders can be viewed in detail in the **My Orders** section. Green indicates successful orders.

If you register for a competition and, within the same order, register for one or more other competitions at a discounted price or purchase other additional products, these will be recorded as one order under the name of the main competition (basic registration). The order ID is located in the lower left corner of the window. Clicking on the window will also display the transaction items. It is important to note that cancellations can only be made from the basic entry window, and all related products and related race entries will be canceled along with it. The cancellation fee shown here applies to the entire cancellation.

For any competition you have previously entered, you can purchase additional products or other competition entries at a discounted rate at a later date. Just click on the Entry section for the competition and choose from the products. The system will recognize that you have already registered for that competition, so it will not charge you a separate registration fee, only the product you select. If your order is successful, a new green window will appear in the My Orders section. It will be named Order Addition, and the blue button in the middle will show which main order (basic registration) it is linked to. The order supplement cannot be canceled separately.

## **Cancellation:**

The deadline for canceling entries and the associated handling fee are indicated on the entry form for each competition and can be viewed in the My Orders section after registration.

In case of cancellation, you can choose between two options. You can request a refund of the entry fee or have it credited to your account to be used for your next entry. In the latter case, the handling fee is lower.

To cancel, select the appropriate competition in the My Orders tab and click on the selected cancellation option button.

Please note In case of cancellation, all additional products and purchased race entries related to a given race will be canceled, regardless of whether you purchased them at the same time or later. The cancellation fee shown is valid for the entire cancellation.

In case of successful cancellation, the items in question will be crossed out on the Home page.

We cannot accept cancellations after the deadlines have expired.

## Timekeeping:

EvoChip timekeeping.

## Refreshments:

Replacing water bottles while cycling. With High5 and NaturAqua products.

High5 gel, NaturAqua water, and salt tablets while running.

## Awards:

Medals for the top three finishers in each category.

## Rules:

### General Rules of Participation

If the competition doctors deem the competitor unfit to continue the competition, the competitor must withdraw from the competition at the request of the chief referee and hand in their race number.

Only competitors with a valid competition license may participate in the 2026 eXtremeMan113 Balatonszemes individual competition.

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

[https://www.extrememan.hu/filekezelorendszer/dok/kozoz/2025\\_Versenyszabalyzat.pdf](https://www.extrememan.hu/filekezelorendszer/dok/kozoz/2025_Versenyszabalyzat.pdf)

Drafting is prohibited during cycling! In the first (suspicious) case, the race official will show a blue card. This means that the competitor is required to serve a 2-minute penalty in the "Penalty Box" set up at the race center at the end of the lap. The Penalty Box is located directly in front of the lap counter chip mat. This is the competitor's own responsibility, and failure to serve the penalty will result in disqualification. If a second blue card is shown, the competitor will be disqualified.

Protest fee: 10,000 HUF.

Doping control is expected.

Other:

- If you have any questions, please send an email to: [zsofiapeter@extrememan.hu](mailto:zsofiapeter@extrememan.hu)
- We will take photos and videos during the competition, which we will use after the competition.
- We reserve the right to make changes!
- Come the night before so you can start the competition well rested. We will help you organize a meaningful program.
- Before the race, we will summarize the important information so that you can prepare for the race conditions and schedule in time. (check it in our website)
- Please note that we also offer shorter distances, running, cycling for your family or teammates on this day! Read the race information!