

IMPRESSUM

This yearbook was possible was made possible through a cooperation of the FLTRI board

Text Paule KREMER

Christian KROMBACH

Layout Sophie MARGUE

FLTRI YEARBOOK

2018



Dear sports friends,

With lots of excitement I can look back at the last twelve months as we have had many positive developments that made the year 2018 unlike any other before.

The major highlights of this year

have definitely been the ITU Triath-Ion World Championships in Australia beginning of September and the Youth Olympic Games in Argentina beginning of October.

Never before could an FLTRI athlete claim a podium spot at Triathlon ITU World Championships and Joe Kurt's third place finishing in the Para PTS4 Division was certainly a big surprise to many but not to those who have followed the long term development plans set up by Joe's coach: Dan Hendriks.

Eva Daniels' fourth place finish at the Youth Olympics has also been the best result produced by any Luxembourgish athlete this year and only once in the history of these games did we witness a fourth place ranking in the individual rankings by any Luxembourgish athlete.

Besides these major events, one has to point out the positive results realized by our four male short distance elite and U23 athletes: Bob. Stefan. Gregor and Oliver; The guest for an Olympic qualification spot is in full swing and since the Olympic counter started on the 31st of May 2018, our athletes have been able to collect many crucial ITU Olympic qualification points.

The long distance season has also been very successful for a few FLTRI athletes, standing out here was certainly the sub 9 hour finishing time realized by Eric Wagner at the Ironman World Championships in Hawaii. which was indeed the best result ever produced by an FLTRI age group athlete participating at this event.

On the downside, the number of triathlon and duathlon events organized in Luxembourg continues to decrease. As a matter of fact, the organisation of triathlon and duathlon events by member clubs has become a very serious problem, as on the one hand, there is a growing lack of volunteers to help out at events and, on the other hand, participant numbers are continuously dwindling as more and more athletes tend to favour commercial events over club organized events.

Indeed, the Musel Triathlon was cancelled this year because of a lack of volunteers, whereas other events are on the brink of fading away for the same reasons. For next year, the only standard duathlon race still existing has recently been cancelled because of the above reasons.

As a federation, we are highly concerned about this regrettable evolution and we are, together with organizing clubs, working on a project to seek and attract new volunteers. In fact, the federation started cooperating with the Red Cross refugee organization in order to have asylum seekers help out as volunteers at local club events.

On the other hand, the 70.3 Ironman event organized by the WTC cooperation is taking on bigger proportions every year as there are more and more athletes attracted to this type of racing: the 2019 event was

sold out in September of 2018. As a federation, we strongly support the organization of this event as it promotes the sport of triathlon not only in our country but also in the Greater Region.

For the next season, I wish all of you lots of success training and racing and that you can stay injury free.

Christian Krombach
President Luxembourg Triathlon











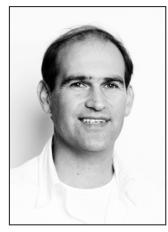
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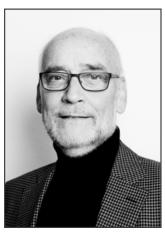


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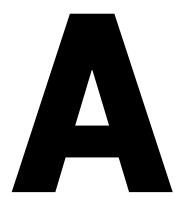
LUXEMBOURG TRIATHLON



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CADRES FLTRI 2018



Olivier GODART LD
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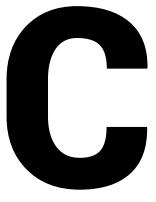
Philippe LAMBERTY Eric WAGNER Yannick LIENERS Jerôme EWEN

ΙD

ΙD

SD

DU



Tom KRIER LD Claude LUCAS LD Pia WILTGEN SD



Eva DANIËLS

Cadre paratriathlon Cadre promotion

Joe KURT

Tom CARRE Aurélien CARRE Alexandre DECKER Sophie HERMES Laura HRIC Mara KROMBACH David LANG Nick LANNERS Christophe LOGELIN Maya PROESS Noémie RIES Luca SEIDEL Lou VAN DEN BOSSCHE Leo WEISHAAR

CADRES COSL 2018



Bob HALLER



Stefan ZACHÄUS

PROMOTION



Oliver GORGES



Gregor PAYET

• SECTION DES SPORTIFS D'ELITE DE L'ARMEE



Oliver GORGES since 2018

Bob HALLER since 2013

Stefan ZACHÄUS since 2017





:(+ 🐠 = :-)

#AsportAthlete

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LUXEMBOURG TRIATHLON

Gregor PAYET

Stefan ZACHÄUS



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• FLTRI CALENDAR 2018

FLTRI Indoor Aquathlon	21.01.2018	FLTRI
Assemblée Générale FLTRI	09.03.2018	FLTRI
CAB Cross-Duathlon National Cross-Duathlon Championships	18.03.2018	CAB
CAB Duathlon Ehlerange National Duathlon Championships	29.04.2018	CAB
Ironkids	16.06.2018	FLTRI & Ironman Luxembourg
Ironman 70.3 Luxembourg Région Moselle National Middle Distance Triathlon Championships	17.06.2018	Ironman Luxembourg & FLTRI
SURE to SURE Swim	30.06.2018	Privé
Triathlon Echternach National Short Distance Triathlon Championships	0608.07.2018	Trilux
Challenge Open Water	14.07.2018	Swimming Luxembourg
Springwater Triathlon Rosport	21-2207.2018	Trispeed & Performance Club
Triathlon Weiswampach National Sprint DistanceTriathlon Championships	1819.08.2018	CELTIC
Red Rock Challenge Crossduathlon	0607.10.2018	CAB & Red Rock Challenge asbl
FLTRI Awards 2017 & Athletes evening		



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Let's talk "food" another way

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unusual produce, explore
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preserve the resources
of our planet
and take a look
at Cactus backstage...

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NATIONAL CHAMPIONSHIPS

YOUTH B BOYS

CROSS DUATHLON

			100111111	5013	
ELITE W	OMEN		1 2	CARRE Aurélien LANNERS Nicolas	Trispeed Trispeed
1	KLEIN Isabelle	Trilux	YOUTH C	GIRLS	
ELITE MI 1 2 3	EN EWEN Jérôme PAPI Dany PADERHUBER Oliver	Team Snooze CAB CAB	1 2 3	HIM Julia ANDERSEN Jasmin BIVER Lou	Trispeed Trispeed Trispeed
	ATHLON PT4	O/ID	YOUTH C E	BOYS LANG David	Trispeed
1	Joé KURT	Trispeed	2	KERRENS Alex SEIDEL Luca	Trispeed Trispeed X3M
YOUTH A	A GIRLS		AGE GROU	IP CHAMPIONS	
1	DANIËLS Eva	Trilux	M25 M30 M35	DESBORDES Joé MERTZ Ben GAUDRON Jean-Luc	Team Snooze Team Snooze Trilux
YOUTH A	A BOYS		M40 M45	LOPES Isidro SEIDEL Christian	Hirondelle Schuttrange X3M
1	CARRE Tom	Trispeed	M50	SCHMITZ Jean	Trispeed

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par Patrick GUILLAUME

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Mail: info@bikefit.lu

10% de remise sur présentation de la licence FLTRI (sauf matériel)

DUATHLON

HLUN			
:N		YOUTH B BO	OYS
OVERBEEK Haitske KLEIN Isabelle FLAMMANG Danièle THILLMANN Lis	Hirondelle Schuttrange Trilux Trispeed Trilux	1 2 3	CAR CAU LAN
		YOUTH C GI	RLS
EWEN Jérôme LIENERS Yannick PAPI Dany	Team Snooze CAB CAB	1 2 3	NOT LAN AND
DI 6		YOUTH C BO	OYS
DANIËLS Eva HERMES Sophie BERTON Nina	Trilux Trispeed Trispeed	1 2 3	LAN KERI SEID
YS			
CARRÉ Tom	Trispeed		
	OVERBEEK Haitske KLEIN Isabelle FLAMMANG Danièle THILLMANN Lis EWEN Jérôme LIENERS Yannick PAPI Dany RLS DANIËLS Eva HERMES Sophie BERTON Nina	OVERBEEK Haitske KLEIN Isabelle FLAMMANG Danièle THILLMANN Lis EWEN Jérôme LIENERS Yannick PAPI Dany CAB CAB CAB CAB CAB CAB Trilux Trispeed Trilux Trispeed Trilux Trispeed Trilux Trispeed	OVERBEEK Haitske KLEIN Isabelle FLAMMANG Danièle Trilux FLAMMANG Danièle Trilux Trilux Trilux YOUTH C GI EWEN Jérôme LIENERS Yannick PAPI Dany Trilux Trilux YOUTH C GI Team Snooze CAB TOUTH C GI Team Snooze Team Snooze Team Snooze Team Snooze Trilux Trilux Trilux Trilux Tr

1	CARRÉ Aurélien	Trispeed
2	CAUWE-GOERES Valentin	Trispeed
3	LANNERS Nicolas	Trispeed

1	NOTHUM Gwen	Trispeed
2	LANGER Noa	X3M
3	ANDERSEN Jasmin	Trispeed

1	LANG David	Trispeed
2	KERRENS Alex	Trispeed
3	SEIDEL Luca	X3M

YOUTH B GIRLS

1RIES NoémieX3M2MURRAY SofiaTrispeed





TRIATHLON MIDDLE DISTANCE

ELITE WOMEN

1 (federal)	OVERBEEK Haitske	Hirondelle Schuttrange
1	MARGUE Sophie	CAEG
2	FLAMMANG Danièle	Trispeed
3	DZIADEK Anja	Trispeed

ELITE MEN

1	LAMBERTY Philippe	FLTRI
2	LUCAS Claude	X3M
3	WAGNER Eric	Team Snooze

AGE GROUP CHAMPIONS

F30	STERBA Jill	Team Snooze
F50	METZDORFF Marie-Claire	X3M
M30 M35 M40 M45 M50 M55 M60 M65	JUNGBLUTH Eric GAUDRON Jean-Luc CAETANO Yves PIECH Pascal OBERWEIS Werner LONGO Francesco BARTOLINI Gian Marco SCHNEIDER Jean-Claude	Trispeed Trilux Trilux Trispeed FLTRI Celtic X3M Trilux













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• TRIATHLON STANDARD DISTANCE

			711102		
ELITE WOM	EN		YOUTH C	GIRLS	
1 2 3	WILTGEN Pia JAFFKE Annette THILLMANN Lis	CAD CAEG Trilux	1 2 3	HIM Julia PIECH Sarah ANDERSEN Jasmin	Trispeed Trispeed Trispeed
ELITE MEN			YOUTH C	BOYS	
1 2 3	PAYET Gregor GORGES Oliver LIENERS Yannick	Team Snooze CAB CAB	1 2 3	LANG David MOOG Mathis KERRENS Alex	Trispeed CAEG Trispeed
YOUTH B GI	RLS				
1	RIES Noémie	X3M	AGE GRO	UP CHAMPIONS	
YOUTH B BO 1 2	CAUWE-GOERES Valentin LAPLUME Metti	Trispeed Trispeed	M25 M30 M35 M40 M45 M50 M55	SANTOS Paulo SCHMIT Tom DAVID-QUIGNON Jonas CAETANO Yves FELLER Steve LAPLUME Christian LIENERS René	Team Snooze CAEG Trilux Trilux FLTRI Trispeed CAB



TRIATHLON SPRINT DISTANCE

ELITE WOMEN

1WILTGEN PiaCAD2DZIADEK AnjaTrispeed3KREMER PauleTrilux

ELITE MEN

1 KORNELIS Stefan Celtic

AGE GROUP CHAMPIONS

M35FEHR DucCABM40CAETANO YvesTriluxM50LAPLUME ChristianTrispeedM55LONGO FrancescoCeltic





TRIATH LON





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ERIC WAGNER

When did you start triathlon and what was your motivation to start?

I did my first triathlon ten years ago but I have been practising the sport seriously only for the last five years. Before doing triathlon, I was a swimmer and here, I got to know Liz May who introduced me to the sport. I thought to myself that I could swim, everyone could run and cycling only needs practise.

What are your aims in the sport?

I want to improve every year but I think that the enjoyment the sport can bring should always come first. The day I no longer enjoy the sport, is the day I will stop.

What are your biggest achievements so far?

For me, my highlights were my personal best in Roth in 2017 as well as my qualification for Hawaii and my overall AG win in Italy last year.

Out of the three disciplines which one is your favourite? Which one is your favourite training session?

Nowadays, I would say it is running but that has not always been the case.

Which one is your favourite training session?

I love it when the plan says active recovery ;)

How many hours a week do you train? Hard to say but on average 15-20 hours.

If you didn't do triathlon, what sport would you do?

That is a good question;)

How do you make a living?

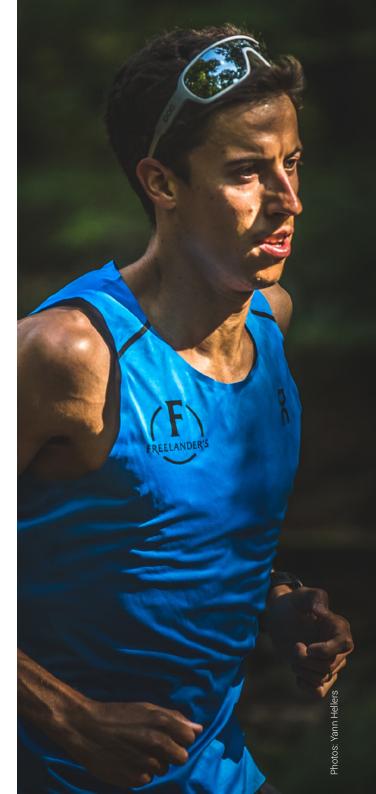
I am a pilot with the Luxembourgish Air Rescue.

Favourite food? Is nutrition something you pay attention too?

I like pizza but pay a lot of attention to my nutrition during my season. Whatever you put into your body gets out of it, so nutrition plays an essential part.

Any other hobbies except for triathlon?

I love going for a walk with my dog, travelling and get to know the world with its different cultures. Of course, I love to spend as much time as possible with my wife and friends which is not always that easy being a triathlete.



GREGOR PAYET

When did you start triathlon and what was your motivation to start?

I started doing triathlon when I was 13 years old in 2009 as a fun activity besides classes during my normal school schedule. A teacher at school, still an old friend of mine, showed me what triathlon is. Before starting triathlon, I played tennis, so I didn't know much about the sport. He introduced me to triathlon and showed me that it consists of swimming, biking and cycling.

Later, I decided to give it a shot because I liked all the disciplines individually very much, so why not do them all together?

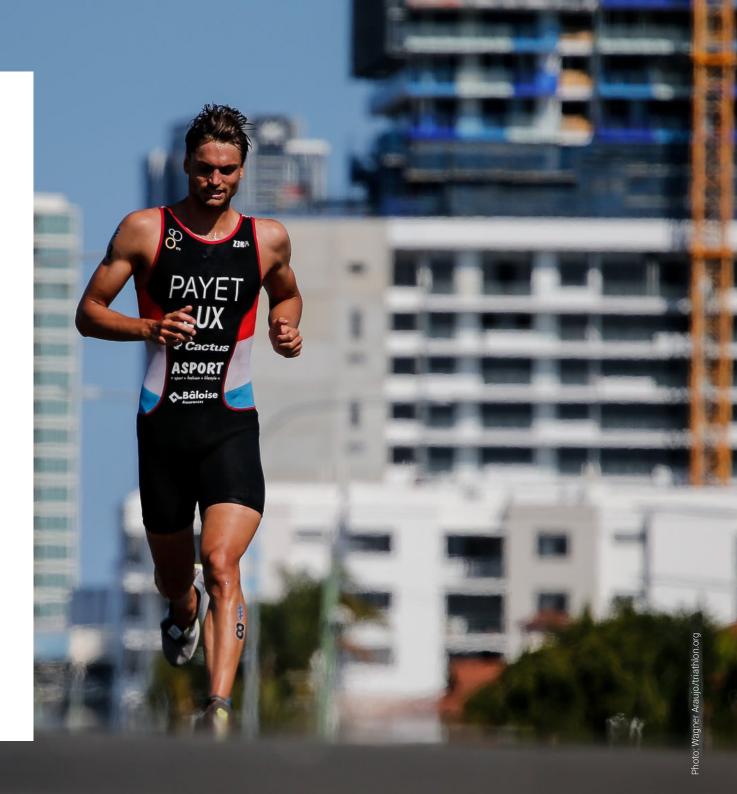
What are your aims in the sport?

One of the everyone's biggest dreams following a sport is to compete at the Olympic games one day.

However, it is not possible to compete there without taking other smaller steps in between all leading and constituting towards competing in the biggest sport event known!

An additional step and also a dream which has already become a partial reality is to be competitive in the WTS series which means competing alongside the best triathletes worldwide!

In the near future, I would like to finish in



the overall ranking within the top 15.

What are your biggest achievements so far?

One of my biggest achievements so far was this year when I was given the chance to compete in the highest level of triathlon in Leeds at the World Triathlon Series where I finished 28th.

It certainly was not my best result, but to go out and give everything I had from start to finish against the world's best, felt great.

Another achievement was at the European Championships in Tartu this year where I finished 13th, showing me that my training and my hard efforts were worth it, ranking higher and better in many races all over the year.

Out of the three disciplines which one is your favourite?

I don't have a specific favourite discipline in triathlon, I just like every individual discipline as mentioned before since I have started triathlon and this has not changed. Sometimes it is harder to train for one discipline than for another, but I think it is quite logical that it is easier to go for a bike ride when the sun is shining than going biking in a blizzard or to swim very early in the morning instead of swimming in the afternoon in an open water pool when the sun is out.

In conclusion, I can say that I like every single discipline of a triathlon since I have started my career and when the conditions are good and I can train or compete together with my friends!

Which one is your favourite training session?

In general, I can say that I really like tough training sessions.

So I like it when I can push myself in training to a maximum, because that is the kind of training that helps to improve myself and my overall performance.

How many hours a week do you train?

This usually depends but normally I train a bit more than 20 hours during an easy and 30 hours during an intensive training week. Here, I'm only referring to the actual training time, not the time of preparation before or after the training.

If you didn't do triathlon, what sport would you do?

If I didn't do triathlon I would probably do each sport individually ;).

How do you make a living?

For the moment, I am still a student so without the help from my parents, the federation, the COSL and my sponsor it wouldn't be possible for me to do triath-

lon on a level that high.

So at this point, thanks for all the support from everyone!

Favourite food? Is nutrition something you pay attention too?

Currently, I'm enjoying what I'm eating, so I would say, I eat normal stuff like anybody else. That doesn't mean that I'm going to a fast food restaurant every day, but sometimes you have to reward your body with some sweets or a good "Kaiserschmarren", a cheesecake or an apple crumble pie.

Food as such makes my training day more varied and I do not stick to the same routine every day, I like my food to be varied and balanced at the same time

Any other hobbies except for triathlon?

Except for triathlon, I love making good coffee, I can't live without a good brew or without the little barista drawings on a cappuccino, enjoying a small break in between my sessions.

I love to cook in the kitchen and try different and new stuff.

Furthermore, I like to do any other kind of sport, skiing or snowboarding in winter and beach volleyball in the summer. Additionally to that I enjoy the time with my family and friends.



CHRISTOPHER DOYLE

When did you start triathlon and what was your motivation to start?

I started doing triathlons when I arrived in Luxembourg in 2009. Before that, I was doing cycling and the odd duathlon. My motivation was to do the Ironman which has always been my dream.

What are your aims in the sport?

I always aim to win my age group or at least finish on the podium. If this is not the case, I am a grumpy athlete.

What are your biggest achievements so far?

My biggest achievements so far have been the World and Vice World Championship titles in Long Distance AG duathlon in Zofingen 2016 & 2018 and the European Middle Distance Duathlon Championship title in my age group in 2017 in Sankt Wendel. Furthermore, there have been my AG win at the 70.3 Ironman Luxembourg in 2014 and my second place and qualification for the Ironman World Championships in Hawaii at the Ironman South Africa 2018 as well as my AG win at the Long Distance in Cologne.

Out of the three disciplines which one is your favourite? Which one is your favourite training session?

My background is cycling and this still is my favourite discipline but, admittedly, my strength is the run. My favourite session is any session during which your legs are hurting afterwards so you know your time was well spent and improvement is happening.

If you didn't do triathlon, what sports would you do?

I would only practise cycling.

How many hours a week do you train?

The average over the year is about 15 hours per week.

How do you make a living?

Until now I have made animated cartoons.

Favourite food? Is nutrition something you pay attention too?

I love any pasta dish that comes out of an oven. I don't pay much attention to nutrition. Moderation and variety are my only rules.

Any other hobbies except for triathlon?

Discover the new things like longboarding and I have been a huge Star Wars fan for over forty years and my collection of memorabilia is in the hundreds including a couple of custom made costumes which I wear for charity events, promotions through the Luxembourg Star Wars club (501st Legion).

PIA WILTGEN

When did you start triathlon and what was your motivation to start?

In 2012, I used to sometimes ride my bike and take my dog along as well as doing some swimming. That summer I participated at the Schnuppertriathlon in Weiswampach. The following year I tried the sprint distance and my triathlon journey started from there.

What are your aims in the sport?

As someone participating in sprint distances, it would be great to finish a half distance at some point in my career.

What are your biggest achievements so far?

My biggest achievement in triathlon must have been my participation at the European Championships (3rd AG 30-34 Düsseldorf and 43rd among the elite in 2018 in Tartu).

Out of the three disciplines which one is your favourite? Which one is your favourite training session?

I prefer swimming and I like short sprints. In general, I prefer shorter sprints in all the disciplines.





SOPHIE HERMES

When did you start triathlon and what was your motivation to start?

I started participating in triathlon races quite early without training for them. My brother used to be my role model and I always tried to imitate him. It is through racing that I realised how much I enjoyed the sport and I started training.

What are your aims in the sport?

My aim is to get the best out of myself and achieve good results in international races.

What are your biggest achievements so far?

My best result so far has been in Loutraki this year during the Youth EM where I managed to get into the B Final and finished in 14th position. I was especially happy after a tough season with a persistent injury. I hope to achieve even better results in the future.!

Out of the three disciplines which one is your favourite? Which one is your favourite training session?

I have always preferred swimming but I love the three sports equally.

How many hours a week do you train?
I train for 18 hours a week. However, that depends on my training plan. Sometimes it is less, sometimes more.

If you didn't do triathlon, what sports would you do?

Figure skating.

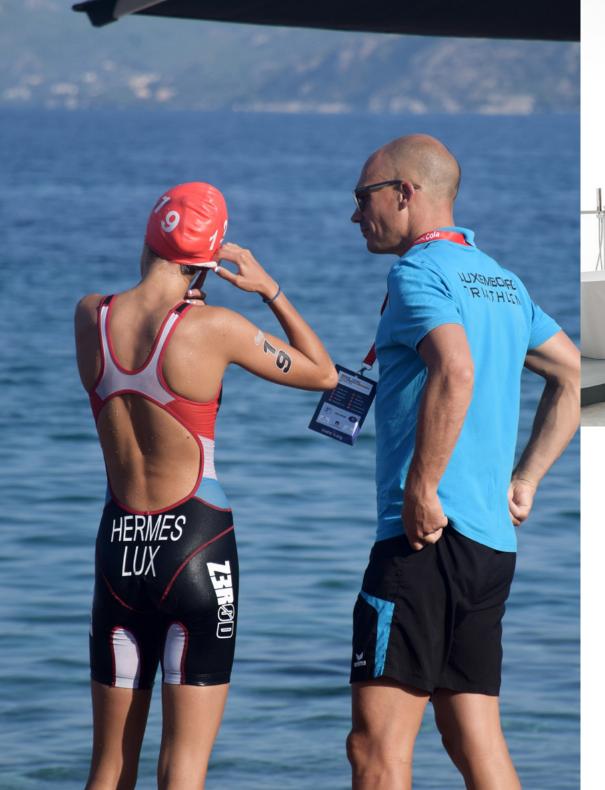
How do you make a living?

I am still a student at the Sportlycée and live with my parents.

Favourite food? Is nutrition something you pay attention too?

I eat a lot but I do pay attention to eat healthy foods. My favourite food is Kniddelen.

Any other hobbies except for triathlon? I love skiing.





LUCAS







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FLTRI INDOOR AQUATHLON

ELITE	WO	MEN
-------	----	-----

1	SKAZA Eva	SVN
2	MÖLLER Katharina	DEU
3	CHAUVEHEID Hannah	BEL
4	DANIËLS Eva	LUX
5	WERNER Noelle	DEU

ELITE MEN

1	PAYET Gregor	LUX
2	DEBOSC Arnaud	FRA
3	EHINLANWO Maurice	DEU
4	LEISS Arne	DEU
5	ZIEGLER Nick	DEU

YOUTH C GIRLS

1	OUAKARAME Lina	BEL
2	KROMBACH Mara	Lux
3	HRIC Laura	LUX

YOUTH C BOYS

1	DOUCHE Tristan	FRA
2	MÜLLER Lennart	DEU
3	REHBOCK Finn	DEU

KIDS A GIRLS

1	KROMBACH Linda	LUX
2	BOUWMEISTER Pien	NLD
3	BERENS Catherine	LUX

KIDS A BOYS

1	THIRIOT Antonin	FRA
2	VAN DURME Gauthier	BEL
3	HEYART Tom	LUX

KIDS B GIRLS

1	CHAUVEHEID Violette	BEL
2	DEJON Marylou	BEL
3	KROMBACH Eva	LUX

KIDS B BOYS

1	CHAUVEHEID Theotime	BEL
2	DEVREUX Sacha	BEL
3	CONSTANT Many	BEL







IRONKIDS

YOUTH A GIRLS

JANUS OliviaPHILIPPI Malin

YOUTH A BOYS

1 GLOUDEMANS Jasper2 LE FOLL Alexandre

YOUTH B GIRLS

1 VAN DEN BOSSCHE Lou2 RIES Noémie

3 WALTER Marine

YOUTH B BOYS

1 LANNERS Nicolas2 SCHMIEDER Noah3 LINDMARK MELO Hugo

YOUTH C GIRLS

1 KROMBACH Mara
2 ANDERSEN Jasmin Victoria
3 BARRETT-HAYES Kristina

YOUTH C BOYS

WEISHAAR LeoSMALLBONE BenKERRENS Alexandre

KIDS A GIRLS

1 KROMBACH Linda
2 BERENS Catherine
3 BOUWMEISTER Yfke

KIDS A BOYS

HEYART Tom
 MOLLIERE Sacha
 COLLE Noé

KIDS B GIRLS

1 KROMBACH Eva2 BARTHEL Emma3 LOPES Elena

KIDS B BOYS

1 WÜNSCH Christopher2 GUERIN Aaron3 KOMMES Paul

BAMBINI GIRLS

1 LIBENS-THEIN Maxime

2 KOMMES Margot3 O'BOYLE Mona

BAMBINI BOYS

DI LENARDO Lenny
 SERWIN Jakub
 FONTEYN Arne





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OTHER NATIONAL EVENTS

SPRINGWATER TRIATHLON

Scratch WOMEN

OVERBEEK HaitskeDAMMEKENS MandyJAFFKE Annette

Scratch MEN

GLOCKSHUBER Bastian
 SCHAFFELD Timo
 MOONEN Hans

Scratch WOMEN Promo Sprint

DICKES SallyEGLISDOTTIR RunaKIRKPATRICK Jane

Scratch MEN Promo Sprint

PONTES MatheusHODGSON GavinHORN Jonas

YOUTH B GIRLS

1 HAU Sarah2 MURRAY Sofia

YOUTH B BOYS

1 CAUWE GOERES Valentin2 LAPLUME Metti

YOUTH C GIRLS

NOTHUM GwenNEY Saskia

YOUTH C BOYS

LANG David
 SEIDEL Luca
 SCHILTZ Finn

KIDS A GIRLS

BERENS Catherine
BOUWMEISTER Yfke
MOUSEL Sarah

KIDS A BOYS

LANG Yannis
 HIRSCHAUER Rémi
 HEYART Tom

KIDS B GIRLS

NOTHUM June
 SCHILTZ Manon
 BOUWMEISTER Julie

KIDS B BOYS

FERREIRA GRACA Yann
MOOG Paul
MURRAY Henry

Time and Security

Temps de présence Temps de production Alarmes

Contrôle d'accès Vidéo-surveillance



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TRIATHLON ECHTERNACH

Scratch WOMEN Promo Sprint

SCHMIT MicheleDRIES SabineDICKES Sally

Scratch MEN Promo Sprint

1 BRUNCHER Alexandre2 KURT Joe

3 ONEAL James3 HODGSON Gavin

JUNIORS / YOUTH A GIRLS

STEUB Uli Maren
 DETEMPLE Marie
 HAVARD Marie

JUNIORS / YOUTH A BOYS

1 MICHEL Leo2 CAMAL Thomas3 HAVARD Thomas

YOUTH B GIRLS

1 VAN DEN BOSSCHE Lou

2 RIES Noémie3 HAU Sara

YOUTH B BOYS

1 HERMANS Mischa2 JEROME Floran3 HERMANS Lenny

YOUTH C GIRLS

1 DETHIER Emilie

2 BARRETT-HAYES Kristina

3 HIM Julia

YOUTH C BOYS

MOOG MathisKERRENS AlexWEISHAAR Leo

KIDS A GIRLS

1 KROMBACH Linda
2 BERENS Catherine
3 MOUSEL Sarah

KIDS A BOYS

1 HEYART Tom2 MOOG Jules3 LANG Yannis

KIDS B GIRLS

1 KROMBACH Eva2 SCHILTZ Manon3 BARTHEL Emma

KIDS B BOYS

1 MOOG Paul2 YELISEY Schmitz3 GUERIN Aaron

RED ROCK CHALLENGE

Scratch WOMEN

1 COLJON Carmen

Scratch MEN

DIEDERICH Tim
BEKAERT Julien
DR. BOULANGER Leo





TRIATHLON WEISWAMPACH

Scratch WOMEN Standard Distance

OVERBEEK Haitske
 CLAISSE Emma
 DECALUWE Kelly

Scratch MEN Standard Distance

DAUBORD BriceZIEGLER NickREDING François

JUNIORS / YOUTH A GIRLS

1 HIJMAN Marije2 WILLEMIJN Fruite3 DEBOUCK Elena

JUNIORS / YOUTH A BOYS

BERINLINGER Jakob
 VAN EETVELT Mattias
 THOESEN Noah

YOUTH B GIRLS

SIEHR Josephine
 WERNER Noelle
 HILLER Eleonore

YOUTH B BOYS

SMOLDER SenneGOORMANS EliasZAOUDI Gabriel

YOUTH C GIRLS

1 KROMBACH Mara2 NOTHUM Gwen3 DEVREUX Olivia

YOUTH C BOYS

1 LANG David2 CANNAERTS Dries3 GUILLAUME Arnaud

Découverte GIRLS

1 KROMBACH Linda2 BRAUN Vanessa3 SCHILTZ Manon

Découverte BOYS

1 LANG Yannis2 HEYART Tom3 CLAISSE Edouard

SURE TO SURE SWIMRUN

Scratch WOMEN Long Route

1 Les Frog's

2 The Running Swans

Scratch MEN Long Route

1 Teilweise Locker with ARK

2 Les Ch'tis Suisses

3 Early Bird

Scratch MIXED Long Route

1 IT - Kiischtendall

2 Martin Heinel and Michèle

3 Dreamteam

Scratch MEN Short Route

1 Neckelouis2 Apidos3 Neptunus

Scratch MIXED Short Route

1 CAB

2 Die Nemos

3 Team Coco Loco

Scratch WOMEN Short Route

1 KiviCoca2 The Sharks

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• ETU & ITU COMPETITIONS





Short distance WC Gold Coast

ELITE MEN

44 Bob HALLER + 06:26

U23 MEN

14 Gregor PAYET + 02:14

33 Oliver GORGES + 07:18

JUNIOR WOMEN

20 Eva DANIËLS + 02:01

PTS4 MEN

3 Joe KURT + 04:28









Sprint distance EC Glasgow





AG M 70-74

13 Hendrik FEHR

02:02:01







- (the last meters) don't get slower/try to stay in the feet
- now focus on the transition

DURING CYCLING:

- try not to lose a lot of energy
- stay in the front group
- stay focused/pay attention to what the others are doing
- trying to get rid of other athletes (going faster)
- trying not to fall
- motivate the group to organise (that everybody works a little bit)
- trying to do breakaways with other athletes when the group starts getting too slow
- try to drink (but not too much)
- stay in the wheels! (do not lose your bike group)
- (at the end of the bike) try to get your heartbeat down

DURING RUNNING:

- (first 1 & 2 km) try to find a rhythm
- do not panic (when people are passing)
- concentrate on the last 3 km (my weak spot in running are the first 1 & 2 km)
- trying to run properly
- · get water to put on my neck and head
- stay in the group
- run in an ,intelligent' way (do not collapse in the last kilometer)
- (last kilometer) it doesn't matter if it hurts - just run



EVA DANIELS 4th place

- have fun (typical sentence from Cyrille but it helps me to get faster, I don't know why)
- · you are doing this race just once in
- your life, the next time it's maybe the same course but another race!
- trying to get faster
- trying to pass the others
- do not let your brain take the lead, stay strong in your head
- · come on you are done soon

DURING THE SPRINT FINISH:

- I am not racing to get behind you!
- · come on Eva you are better than her,
- push yourself to the limit, in the finishing line you can collapse
- I am racing to win this so now I have to prove it

AT THE FINISH LINE:

- omg I am done!
- · I am really happy
- · congratulate the other athletes
- cannot realise that it's done
- · want to do it again
- looking forward to cheering the other athletes on (mostly with Sophie Hermes) in a really good mood and thinking that it is all worth to train really hard for this



MIDDLE & LONG DISTANCE WC

Ironman 70.3 WC South Africa

Claude LUCAS	TIME: 04:15:10	DIV RANK: 16 OVERALL: 74
Christian WEYLAND	TIME: 04:31:23	DIV RANK: 26
Susanne GUTJAHR	TIME: 05:33:16	DIV RANK: 65
Marc D'HOOGE	TIME: 05:53:42	DIV RANK: 246













TOURS & CHALLENGES





YUPPI KIDS TOUR

REGULUX YOUTH TOUR

FLTRI Indoor Aquathlon	21.01.2018	FLTRI Indoor Aquathlon	21.01.2018
CAB Cross-Duathlon	18.03.2018	CAB Cross-Duathlon	18.03.2018
CAB Duathlon Ehlerange	29.04.2018	CAB Duathlon Ehlerange	29.04.2018
Ironkids	16.06.2018	IronKids	16.06.2018
Trilux Triathlon Echternach	07.07.2018	Trilux Triathlon Echternach	07.07.2018
Springwater Triathlon Rosport	21.07.2018	Springwater Triathlon Rosport	21.07.2018
Celtic Triathlon Weiswampach	18.08.2018	Celtic Triathlon Weiswampach	18.08.2018

ASPORT FLTRI TOUR

FLTRI Indoor Aquathlon	21.01.2018
CAB Cross-Duathlon	18.03.2018
CAB Duathlon Ehlerange	29.04.2018
Ironman 70.3 Luxembourg	17.06.2018
Trilux Triathlon Echternach	07-08.07.2018
Challenge Open Water	14.07.2018
Springwater Triathlon Rosport	22.07.2018
Celtic Triathlon Weiswampach	1819.08.2018
Asport Red-Rock-Challenge Cross-Duathlon	0607.10.2018



ASPORT DUATHLON CHALLENGE

CAB Cross-Duathlon 18.03.2018

CAB Duathlon Ehlerange 29.04.2018

Asport Red-Rock-Challenge Cross-Duathlon 06.-07.10.2018

ASPORT CROSS-DUATHLON CHALLENGE

CAB Cross-Duathlon 18.03.2018

Asport Red-Rock-Challenge Cross-Duathlon 06.-07.10.2018

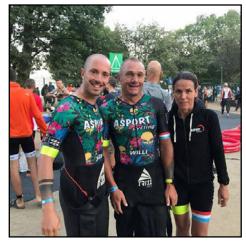
YOUR RACING MOMENTS



NICOLA MALLARDI & KIM ANEN1st Place



DANIELE FLAMMANG2nd Place



SAM PETERS3rd Place



PATRICK MAAR 4th Place



DUC FEHR 5th Place



FABIO VANDINI 6th Place



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SPECIAL AWARDS

Volunteer of the year 2017

An active triathlete since 1999 with 8 long distance finishes and a vice-champion title in long distance duathlon in 2005, **Pascal Duhautpas**' love for triathlon did not stop here. In order to give back to the sport he loves, he was one of the foundation members of X3M Triathlon Mersch. He devotes himself to the club as president, webmaster and actively helps seeks sponsoring possibilities for his club. Furthermore, he coaches children aged 7-14 years old where he initiated a cooperation between CAEG and X3M to ensure better training conditions for his youth.

In addition, he organises both the successful X3M Trail in Mersch with 425 runners in 2017 and Trimobil workshops with primary school children to initiate them to the sport.

We admire Pascal's devotion to the sport and his club and congratulate him for his title as Volunteer of the year 2018!





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SPECIAL THANKS

Technical officials

We would like to thank all the **technical officials** from Luxembourg and abroad who helped out throughout the 2017 season. We also thank the federations of the greater region to help us on the bigger events.

Technical official of the year:

Jean-Marie Juchemes,

most interventions as a referee and/or head referee during the season 2017













Photographers

VIVIANE SLONIEWICZ

ITU & ETU races

CORINNE KRAUS

IM 70.3 Remich

DANIELE REUTER

CAB Duathlon

ANT DEISTER

Triathlon Echternach

SOPHIE MARGUE

Editor Yearbook Photography







• FLTRI Speakers 2018

The FLTRI would like to thank **Josiane** and **Jeannot Antinori** who both formed the speaker-team at our FLTRI Indoor Aquathlon, as well as **Léi Moureaud** who was in action at the Triathlon Weiswampach as well as at the FLTRI Indoor Aquathlon.



LÉI MOUREAUD



JOSIANE ANTINORI

JEANNOT ANTINORI





Freelander's supporte triathlète luxembourgeois





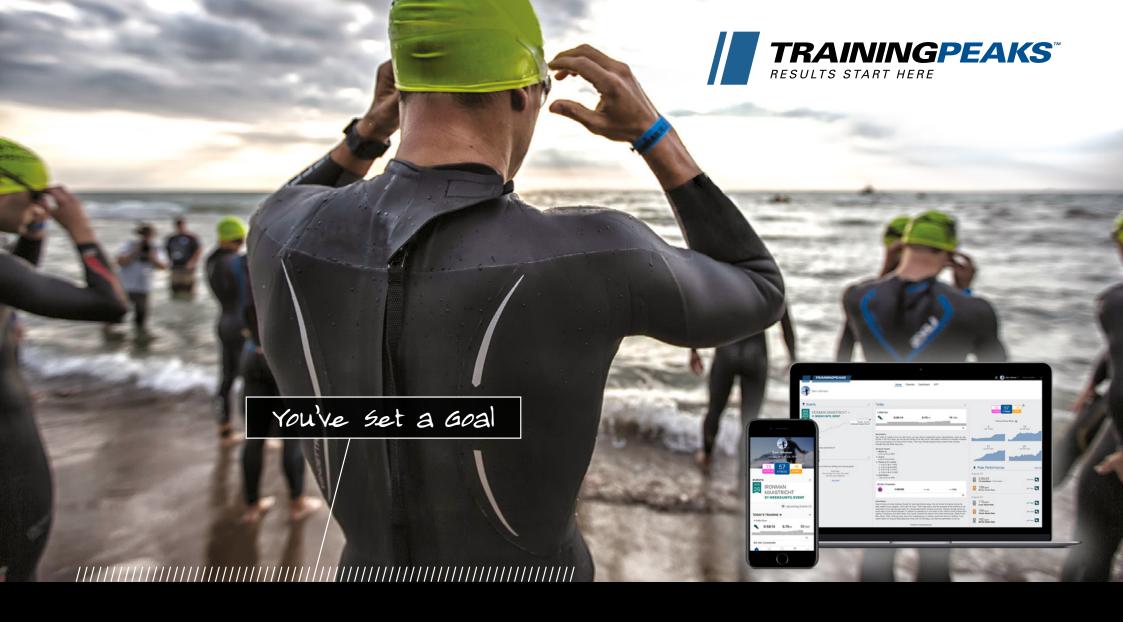
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• FLTRI MEMBERS





























