

Y E A R B O O K

2 0 2 1

A series of decorative elements on the left side of the page. It includes a vertical column of five circles: a red one, a grey one, a light blue one, another red one, and another grey one. To the right of these circles is a vertical column of four dots: a red one, a grey one, a light blue one, and another red one. The background features large, overlapping circles in blue, brown, black, green, and red.

IMPRINT

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

Text Paule KREMER

**Layout /
Editor** Sophie MARGUE

Photos Hugo CAMBRESY
 Cyrille EPLE
 Yann HELLERS
 Sophie MARGUE
 World Triathlon Media

FLTRI YEARBOOK

2021

www.fltri.lu

TABLE OF CONTENTS

| | |
|------------------------------------|-----------|
| INTRODUCTION | 2 |
| THE FEDERATION 2021 | 4 |
| NATIONAL CHAMPIONSHIPS | 18 |
| LET'S MEET... | 28 |
| NEW CHAPTERS FOR OUR YOUNGSTERS | 38 |
| ETU & ITU COMPETITIONS, TOKYO 2020 | 42 |
| MIDDLE & LONG DISTANCE WC | 60 |
| THE PIONEER | 62 |
| TOURS & CHALLENGES | 64 |
| SPECIAL THANKS | 66 |
| FLTRI MEMBERS | 67 |



Like 2020, **2021** has been yet another very odd year for the public at large but also for most athletes competing on a national or international level.

We all know that due to the government imposed Covid-19 restrictions, the simple practice of triathlon was possible throughout the year, however, the organisation of triathlon events was largely jeopardised in Luxembourg.

As a matter of fact, out of the dozen events that were initially scheduled, only 4 could be organised as planned. Lots of creativity and risk taking was required to uphold these events, especially if the prospect of a last minute cancellation was omnipresent. The FLTRI championship program was thus reduced to three events: Triathlon Mid Distance (Ironman Luxembourg 70.3) and Sprint Distance (CAEG Musel Triathlon) and

the Duathlon Standard distance. (55.0 Duathlon Junglinster). Despite the reduced schedule, we could witness exciting competition and lots of interest in those events from the athletes.

On the international scene, the year 2021 will certainly stand out as the only odd year that Olympic Games were ever held but also odd in the sense that the Olympic qualification was anything but normal. The Olympic qualification period, that our three FLTRI Olympic contenders were subjected to, was much longer than normal, and thus required more discipline, perseverance and funding than normal. Indeed, the qualification period lasted a full 36 months when by normal counts it was limited to 24 months. As our contenders were fighting for one of the last remaining qualifying slots, the pursuit of gaining the necessary Olympic points became a huge ordeal. Des-

pite all this, one of the contenders, Stefan Zachäus, managed to secure a slot for Luxembourg during the last qualification race of the season in Mexico. After 2020, 2004 and 2008, the FLTRI could thus secure the 5th Olympic qualifying slot in triathlon. Stefan had an impressive showing during the Olympic event in Tokyo, leading the cycling leg during three laps of the race.

For the FLTRI youth athletes, the international season was also rather prosperous, as many of our athletes had had impressive showings at the French Triathlon Championships and at the Youth European Championships in Turkey. The FLTRI was able to qualify a team for the mixed relay, and for the first time the FLTRI can claim to have secured a European Title, with Mara Krombach winning the female championship title at the same event.

However, our long distance athletes have also produced some impressive results, foremost Oliver Godart managing to win the prestigious SlovakMan, in a time of 8:09, the best time ever realised by an amateur FLTRI athlete.

In terms of youth development, I am happy to announce that besides Trispeed, Trilux, X3M and CAEG a fifth club, CAB, has also started, under the impulse of Thierry Kohn to develop a youth program, thus empowering young athletes to become future triathletes.

Christian Krombach
President



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère des Sports

• THE FEDERATION 2021

• BOARD MEMBERS



CHRISTIAN KROMBACH
President



MICHAEL KUNDE
Secretary General



EUGÈNE KRAUS
Vice-President



MARC D'HOOGHE
Treasurer



MARTIN BÄUMLER



PAULE KREMER



HENDRIK FEHR



SOPHIE MARGUE

- ADMINISTRATION



TANIA HOFFMANN



CIARAN MC KAY



DORIS MICHELS-RIPP



ELISA WHITEHOUSE



ANTOINE DE GROOTE

• COACHES



THOMAS ANDREOS
National Coach

CYRILLE EPLE
National Coach



SALLY DICKES
National Team Assistant Coach

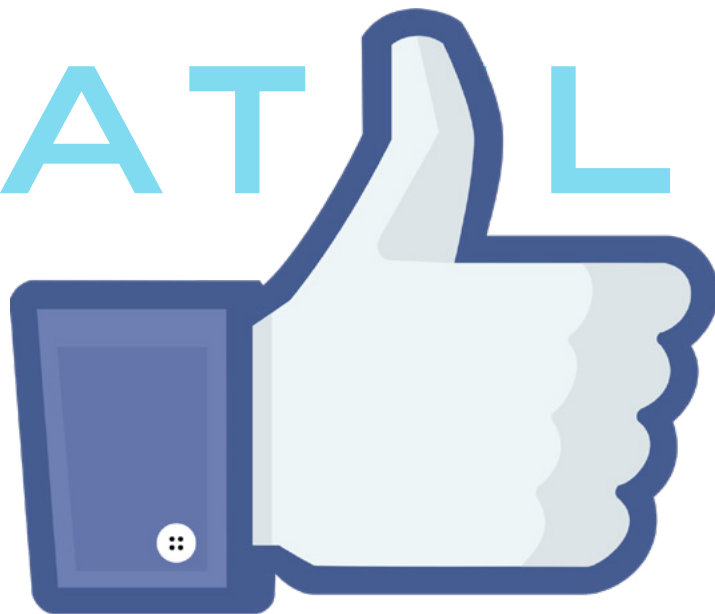


THIERRY KOHN
National Team Assistant Coach



JOSIANE RIES
National Youth Team Assistant Coach

LUXEMBOURG TRIATHLON



Stay informed and like our official social media pages!

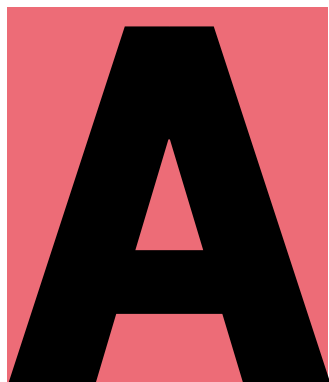


Instagram

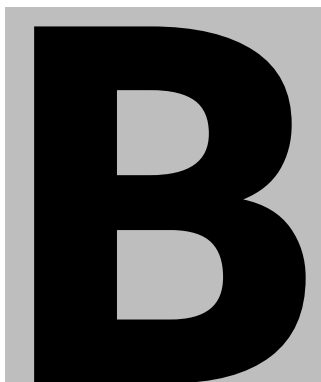


Facebook

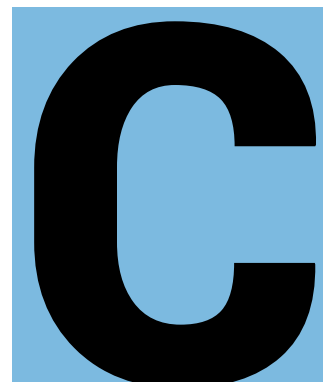
- CADRES FLTRI 2021



Oliver GORGES SD
 Bob HALLER SD
 Gregor PAYET SD
 Stefan ZACHÄUS SD
 Jérôme EWEN DU



Olivier GODART LD
 Claude LUCAS LD



Dany PAPI LD



Eva DANIËLS



Tom CARRÉ



Aurélien CARRÉ
 Mara KROMBACH
 David LANG
 Gwen NOTHUM
 Ben SMALLBONE

Cadre paratriathlon

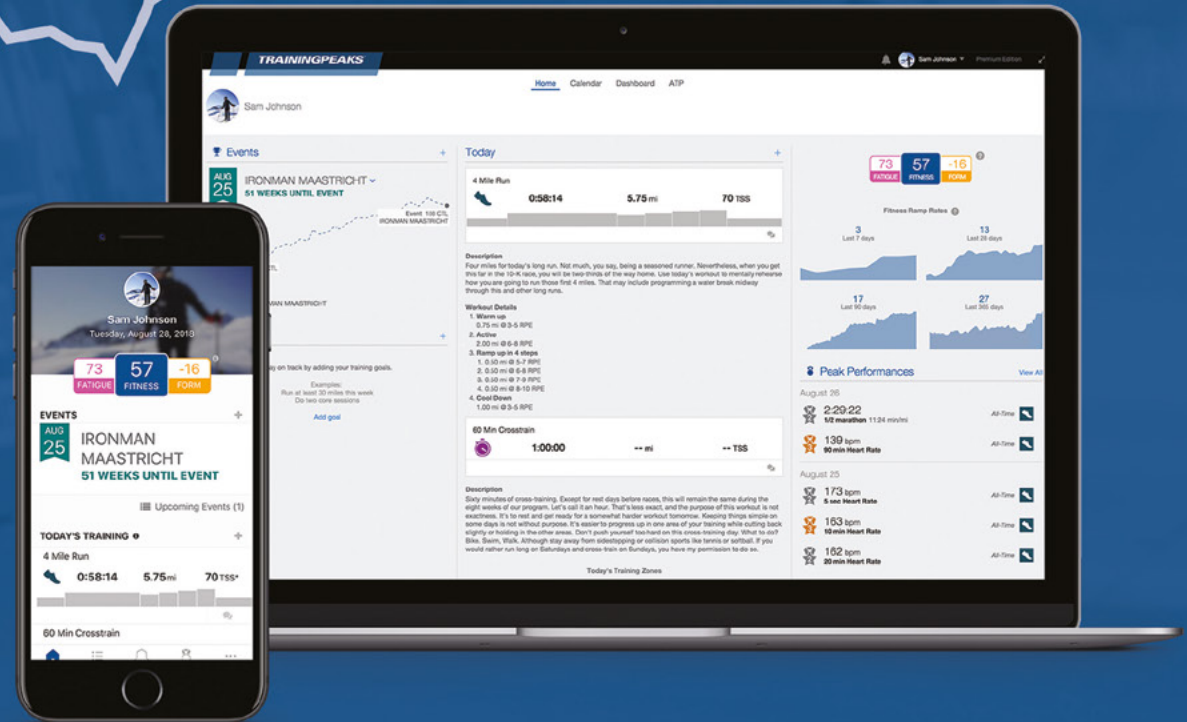
Joe KURT

Cadre promotion

Catherine BERENS
 Lucas CAMBRESY
 Tom HEYART
 Linda KROMBACH
 Sarah MOUSEL

Sarah PIECH
 Noémie RIES
 Finn SCHILTZ
 Lou VAN DEN BOSSCHE
 Leo WEISHAAR

RESULTS START HERE



Whether you want to finish first or simply cross the finish line, TrainingPeaks will help you along your journey. With TrainingPeaks you can quickly upload training data, view workouts, add notes and make informed decisions - all in one integrated web, mobile and desktop solution.

Results Start Here.

- CADRES ELITE 2021

Cadre COSL

Oliver GORGES
Bob HALLER
Gregor PAYET
Stefan ZACHÄUS

Eva DANIËLS (cadre promotion)

SSEA

Section des sportifs d'élite de l'armée

Oliver GORGES
Bob HALLER
Gregor PAYET
Stefan ZACHÄUS



MBe Invest

Real Estate Investments by Martin Bäumlér

ISB.LU

MARTIN BÄUMLER IMMOBILIER SARL

📍 33, rue Victor Hugo
L-1750 Luxembourg

www.isb.lu

www.martin.lu

✉ info@isb.lu

☎ +352 621 26 2009



Energie fir haut a muer

SUDGAZ gëtt
sudenergie

Zanter iwwer 120 Joer si mir als Äerdgas Fournisseur a Netzbedreiwer aktiv. Eis Haaptaktivitéit war sécher ëmmer den Äerdgas, mee als verantwortungsvollen Acteur um Lëtzebuenger Energiemaart droe mir eisen Deel zu der Energietransitioun bäi.

An dësem Kontext hu mir zanter 2015 iwwer 4.000 Projete fir Energie anzespuere bei eise Clientë realiséiert. 2018 hu mir de Wandprojet SUDWAND lancéiert, a parallel entwéckelen a bedreiwe mir Fotovoltaikanlage fir lokal gréng Energie ze produzéieren.

D'Erweiterung vun dësen Aktivitéite weist datt SUDGAZ sech an engem zukunftsorientéierten Emwandlungsprozess befënnt a fir dee vis-à-vis vun eise Clienten, eise Partner an eisen Aktionären z'ënnermauern, gëtt SUDGAZ SUDenergie.

***Loosst eis zesummen zu der
nohalteger Entwécklung bäidroen !***

G-art



sportswear designer

Réalisez votre propre design!

sublimation

broderie

impression sérigraphique

flocage

Lëtzebuergstrooss 4
L-5752 Frisange

tel. : +352 37 10 90
fax : +352 263 743 90

mail : info@g-art.lu
site : www.g-art.lu

• TRIATHLETES AT SPORTLYCÉE

2020/2021

Eva DÄNIELS

Stella HEYART

Tom HEYART

Mara KROMBACH

Linda KROMBACH

Sarah MOUSEL

Gwen NOTHUM

Noémie RIES

Charel SCHILTZ

Finn SCHILTZ

Poli STOFFEL

Lou VAN DEN BOSSCHE

Leo WEISHAAR

2021/2022

Stella HEYART

Tom HEYART

Eva KROMBACH

Mara KROMBACH

Linda KROMBACH

Sarah MOUSEL

Gwen NOTHUM

Noémie RIES

Charel SCHILTZ

Finn SCHILTZ

Poli STOFFEL

Lou VAN DEN BOSSCHE

Tim GEORGEN



SPONSORS

Big thanks to all our
sponsors and partners



- **FLTRI CALENDAR 2021**

Assemblée Générale FLTRI

29.03.2021

FLTRI

Ironman 70.3 Luxembourg

National Middle Distance Triathlon Championships

11.09.2021

Ironman

Museltriathlon Grevenmacher

National Sprint Distance Triathlon Championships

02.10.2021

CAEG

Red Rock Challenge

09.10.2021

Red Rock

Duathlon Junglinster

National Duathlon Championships

17.10.2021

Karibu

AQUATHLON 2022

SAVE THE DATE

16.01.2022

LUXEMBOURG
TRIATHLON



• NATIONAL CHAMPIONSHIPS

• MIDDLE DISTANCE TRIATHLON

LUXEMBOURG WOMEN

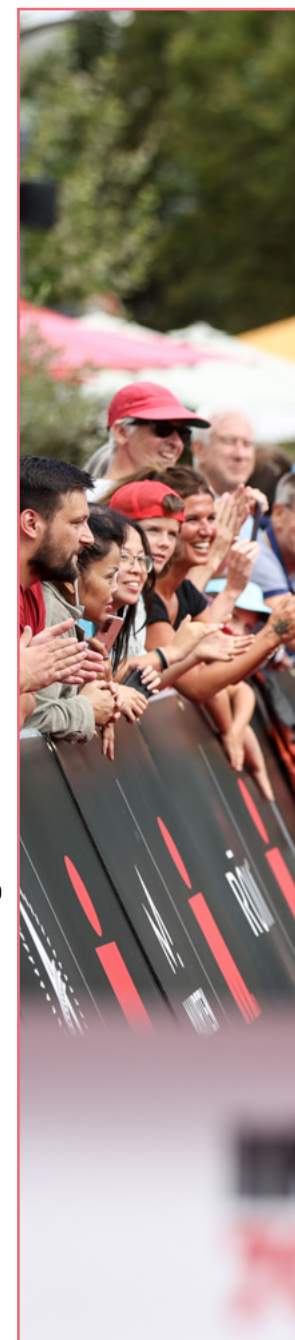
| | | |
|----------|------------------|---------------|
| 1 | KLEIN Isabelle | TRILUX |
| 2 | FLAMMANG Danièle | Triathlon X3M |
| 3 | SCHMIT Michèle | Triathlon X3M |

LUXEMBOURG MEN

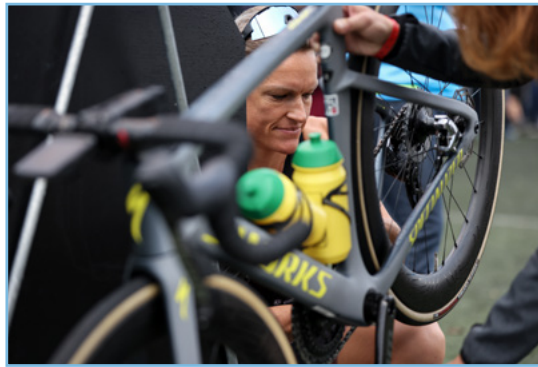
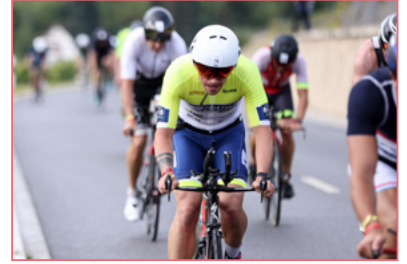
| | | |
|----------|--------------|-----------------|
| 1 | EWEN Jérôme | Team Snooze-VSD |
| 2 | LUCAS Claude | Triathlon X3M |
| 3 | PAPI Dany | CAB |

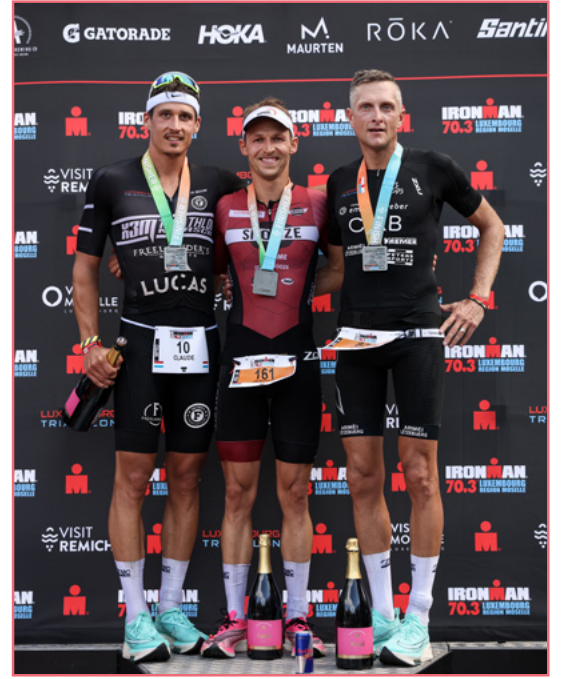
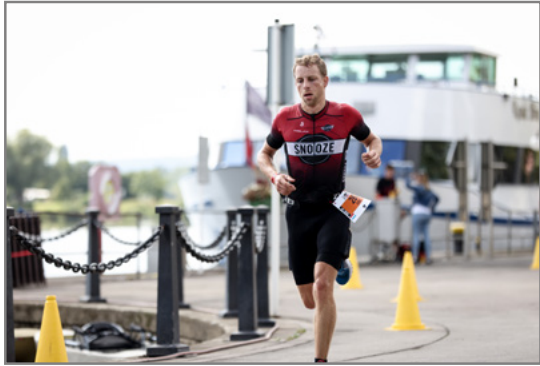
AGE GROUP CHAMPIONS

| | | |
|------------|--------------------|-----------------|
| F30 | SCHMIT Michèle | Triathlon X3M |
| F35 | KLEIN Isabelle | TRILUX |
| F50 | FLAMMANG Danièle | Triathlon X3M |
| M18 | MATHAY Dylan | Individual |
| M25 | ROSSIGNON Adrien | TRILUX |
| M30 | LUCAS Claude | Triathlon X3M |
| M35 | EWEN Jérôme | Team Snooze-VSD |
| M40 | PAPI Dany | CAB |
| M45 | PIRENNE Christophe | CAD |
| M50 | MAJERUS Thierry | CAB |
| M55 | SCHARTZ Aloyse | TRILUX |
| M60 | REDING Roland | TRILUX |









• SPRINT DISTANCE TRIATHLON

LUXEMBOURG WOMEN

| | | |
|---|----------------|-----------------|
| 1 | DANIËLS EVA | TRILUX |
| 2 | DICKES SALLY | Team Snooze-VSD |
| 3 | ECKER Samantha | TRILUX |

LUXEMBOURG MEN

| | | |
|---|------------------|---------------|
| 1 | HALLER Bob | Triathlon X3M |
| 2 | ROSSIGNON Adrien | TRILUX |
| 3 | CAMBRESY Lucas | TRILUX |

JUNIOR MEN

| | | |
|---|----------------|----------|
| 1 | CAMBRESY Lucas | TRILUX |
| 2 | REDLAFF Robert | Trispeed |

YOUTH A GIRLS

| | | |
|---|---------------------|----------|
| 1 | BUCCIARELLI Camille | Trispeed |
|---|---------------------|----------|

YOUTH A BOYS

| | | |
|---|---------------|-----------------|
| 1 | WEISHAAR Leo | Triathlon X3M |
| 2 | OCAKDAN Senay | Celtic Diekirch |

YOUTH B GIRLS

| | | |
|---|-------------------|---------------|
| 1 | KROMBACH Linda | CSL |
| 2 | MOUSEL Sarah | Triathlon X3M |
| 3 | VICENTE SANZ Emma | CSL |

YOUTH B BOYS

| | | |
|---|--------------|----------|
| 1 | STOFFEL Pol | Karibu |
| 2 | HEYART Tom | CAEG |
| 3 | MURRAY James | Trispeed |

YOUTH C GIRLS

| | | |
|---|-----------------|----------|
| 1 | PHILIPPART Enny | Trispeed |
| 2 | HEYART Stella | CAEG |
| 3 | NOTHUM June | Trispeed |

YOUTH C BOYS

| | | |
|---|----------------|----------|
| 1 | SCHILTZ Charel | CAEG |
| 2 | GOERGEN Tim | CAEG |
| 3 | VANOLST Emile | Trispeed |

KIDS A GIRLS

| | | |
|---|--------------------|--------|
| 1 | SCHILTZ Manon | CAEG |
| 2 | DOWLING Eimear | TRILUX |
| 3 | RYBARCZYK Weronika | TRILUX |

KIDS A BOYS

| | | |
|---|-------------------|----------|
| 1 | MOOG Paul | CAEG |
| 2 | FOLMER Felix | Trispeed |
| 3 | FERNANDEZ Tristen | CAEG |

KIDS B GIRLS

| | | |
|---|----------------|---------------|
| 1 | BOCK Elise | CAEG |
| 2 | HIGUERA Raquel | Triathlon X3M |

KIDS B BOYS

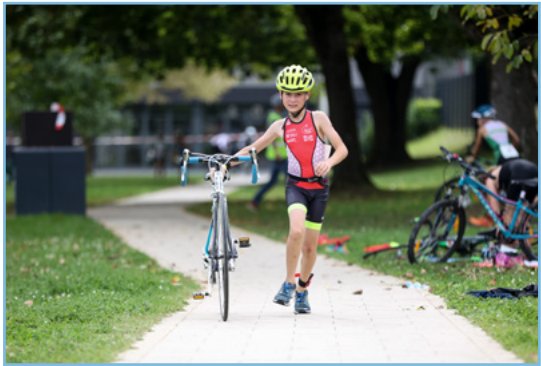
| | | |
|---|--------------|------|
| 1 | GOERGEN Emil | CAEG |
|---|--------------|------|

AGE GROUP CHAMPIONS

| | | |
|------------|-------------------|-----------------|
| F18 | DANIËLS EVA | TRILUX |
| F25 | ECKER Samantha | TRILUX |
| F30 | DICKES SALLY | Team Snooze-VSD |
| M18 | CAMBRESY Lucas | TRILUX |
| M25 | HALLER Bob | Triathlon X3M |
| M30 | GRÜN Raoul | CAB |
| M40 | MARX Steve | TRILUX |
| M55 | LAPLUME Christian | Trispeed |
| M60 | LIENERS René | CAB |









• DUATHLON

LUXEMBOURG WOMEN

| | | |
|---|----------------|-----------------|
| 1 | MORES Jackie | Triathlon X3M |
| 2 | DICKES Sally | Team Snooze-VSD |
| 3 | ECKER Samantha | TRILUX |

LUXEMBOURG MEN

| | | |
|---|------------------|---------------|
| 1 | HALLER Bob | Triathlon X3M |
| 2 | ROSSIGNON Adrien | TRILUX |
| 3 | FELLMANN Pâris | CSL |

JUNIOR MEN

| | | |
|---|-------------|---------------|
| 1 | MINY Gilles | Triathlon X3M |
|---|-------------|---------------|

YOUTH A GIRLS

| | | |
|---|---------------------|----------|
| 1 | KROMBACH Mara | CSL |
| 2 | BUCCIARELLI Camille | Trispeed |

YOUTH A BOYS

| | | |
|---|----------------|----------|
| 1 | CARRE Aurélien | Trispeed |
| 2 | LANG David | Trispeed |

YOUTH B GIRLS

| | | |
|---|------------------|----------|
| 1 | NOTHUM Gwen | Trispeed |
| 2 | KROMBACH Linda | CSL |
| 3 | BERENS Catherine | Trispeed |

YOUTH B BOYS

| | | |
|---|-------------------------|---------------|
| 1 | STOFFEL Pol | Karibu |
| 2 | HEYART Tom | CAEG |
| 3 | MARZINOTTO Enzo Mathieu | Triathlon X3M |

YOUTH C GIRLS

| | | |
|---|-----------------|----------|
| 1 | PHILIPPART Enny | Trispeed |
| 2 | NOTHUM June | Trispeed |
| 3 | HEYART Stella | CAEG |

YOUTH C BOYS

| | | |
|---|----------------|----------|
| 1 | SCHILTZ Charel | CAEG |
| 2 | VANOLST Emile | Trispeed |
| 3 | GOERGEN Tim | CAEG |

KIDS A GIRLS

| | | |
|---|---------------|----------|
| 1 | SCHILTZ Manon | CAEG |
| 2 | PIECH Leah | Trispeed |

KIDS A BOYS

| | | |
|---|----------------|----------|
| 1 | MOOG Paul | CAEG |
| 2 | FOLMER Felix | Trispeed |
| 3 | BOCK Guillaume | CAEG |

KIDS B GIRLS

| | | |
|---|----------------|---------------|
| 1 | BOCK Elise | CAEG |
| 2 | HIGUERA Raquel | Triathlon X3M |

KIDS B BOYS

| | | |
|---|--------------|------|
| 1 | GOERGEN Emil | CAEG |
|---|--------------|------|

AGE GROUP CHAMPIONS

| | | |
|------------|----------------|-----------------|
| F25 | ECKER Samantha | TRILUX |
| F30 | DICKES SALLY | Team Snooze-VSD |
| F35 | MORES Jackie | Triathlon X3M |
| M18 | FELLMANN Pâris | CSL |
| M25 | HALLER Bob | Triathlon X3M |
| M35 | KOCH Yves | Triathlon X3M |
| M40 | PAPI Dany | CAB |
| M45 | KIEFFER Claude | TRILUX |
| M50 | HIM Georges | Trispeed |
| M55 | ARMANO Mario | TRILUX |

LILY A GRATTÉ LE SPORT A GAGNÉ



L'intégralité du revenu
de la Loterie Nationale
revient aux missions
philanthropiques de l'Œuvre.

www.loterie.lu
Games for good causes



ŒUVRE
Nationale de Secours
Grande-Duchesse Charlotte

• LET'S MEET...



• DANIELE FLAMMANG

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

I was running marathons in the early 2000's and swimming was kind of an off-time from running, but I didn't even own a road bike. I did my first sprint triathlon in 2006 in Cyprus during a training camp. I was very unprepared with a borrowed wetsuit which was way too big and a rental bike without cleats. From that moment on, it was obvious: I bought a bike and was ready to go!

What are your aims in the sport?

It's an excellent compensation to my job and it keeps me fit, healthy and happy, both physically and mentally.

What are your biggest achievements so far?

After four Luxembourgish champion titles over the long distance, three qualifications for the IM 70.3 WC, an international duathlon champion and a national marathon champion title, my biggest achievement is qualifying for the WC in Kona, Hawaii.

How many hours a week do you train?

During winter, I do my bike sessions on the indoor trainer which of course re-

sults in less hours than outdoor bike training in spring and summer. But on the other hand, I spend more time in the pool in winter than in summer.

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

Hard to say since I like all 3 disciplines, not to forget the 4th and 5th discipline which are resting and eating ...

How do you make a living?

I work for the University of Luxembourg.

How are you currently dealing with the postponement of the World Championships?

I find it really annoying, you make plans and then you have to cancel them again and again ... I qualified in 2019, by the time I get there it will (hopefully) be 2022 or I might have to compete in a different age group ...

Favourite food? Is nutrition something you pay attention to?

I could live on sweets, chocolate and cakes but I try to stick to a healthy and balanced diet with plenty of fruits and vegetables.

Any other hobbies except for triathlon?

I love animals and I should actually

live on a farm or at the zoo ... Currently my wolf pack consists of 4 dogs and 3 cats. The 2 female dogs are passionate runners and they can easily be integrated into training (Canicross).



• ADRIEN ROSSIGNON

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

I was a tennis player for 15 years until 5 years ago, but I wasn't improving anymore. I stopped practicing properly when I came back from the US (where I went to university) in 2016, when I started living in Luxembourg. So I had to find something else to do and I started running for fun. Soon enough I got hooked and wanted to compete : half marathons, full marathons, trails, you name it...

I only got my first bike at the end of 2018 so my first triathlon was in May 2019, a sprint distance in France... One month later I did my first 70.3 in Luxembourg.

What are your aims in the sport?

Always a tricky question depending if we are talking short-term or long-term goals.

- Short-term (2022) : Position well at the full and half WC (May/October), both in St George... maybe top 5-10 in my AG 25-29. Then, if my body allows, find another full distance race in July to qualify for Kona in October (missed the qualification by 1 spot in Lanzarote this year) so that I can do the 'double-trouble' Kona + St George 70.3 WC, which are 3 weeks



apart. If I can't, then Kona will be my goal for 2023.

- Long-term aims : No idea, it all depends on how I'll improve in the next couple of years I guess, still very young to the sport. Baby steps.

What are your biggest achievements so far?

No big achievements yet in my mind (except maybe my race reports on Facebook), but I guess winning my AG 25-29 and coming 3rd overall amateur at Ironman 70.3 Portugal in October was nice, especially after crashing at the beginning of the bike. Sometimes you just gotta embrace a bit of blood. I guess it was the first 70.3 race where I felt like I was at the level I train at for all 3 disciplines. I've come to learn that it's very hard to execute all 3 disciplines at the level you train at in a triathlon race. Cascais was the closest I came to that, I feel, but it was still far from perfect (getting 11 stitches on my hamstring after the finish wasn't fun).

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

Cycling : I've become a huge cycling fan. The highlight of my year is always testing myself on the legend Mont Ventoux in the Summer.

The banter with friends on long bike rides are most enjoyable as well.

How many hours a week do you train?

Probably between 15-20 hours on average. Sometimes the Luxembourgish winter weather doesn't allow you more than 12-13h but I can also easily train 25h when I'm on vacation.

How do you make a living?

I don't make a living by doing triathlons that's for sure. I have a classic 40h investment banking job. Nothing exotic here.

Favourite food? Is nutrition something you pay attention too?

Pancakes or French toasts with maple syrup and fresh fruit. Yes, I'm a good brunch date.

I watch the products I buy at the grocery store but I don't follow any diet and certainly don't count the calories. In other words, I'm not vegan but I don't eat McDonalds either. You'll find me somewhere in between.

Any other hobbies except for triathlon?

I still play tennis every now and then, I still enjoy playing some tournaments in doubles when my friends ask me to play with them. Other than that, I'm a geography freak, a very bad poker player, and a

wannabe pianist who also enjoys techno and jazz music.

How did you experience your first long distance triathlon?

My first long distance triathlon was 70.3 Luxembourg in 2019. Very classic experience : Borrowed a road bike that I had never ridden before from a friend because he had clip-on aerobars, ended up doing 4h39 which was better than what I expected. I was a typical "ok I can only go up from here" experience.

My first full Ironman experience was very different however : the hellish Lanzarote heat and wind almost got the better of my body. I almost passed out from severe dehydration after the finish line, it was a bit scary. I had lost 7.5kg in 10 hours. I do love a good medical tent visit though.

And I also missed the Kona qualification by 1 spot, which was a bummer.

I do not advise Lanzarote as a first-ever Ironman.

Period.



• SARAH MOUSEL

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

I started swimming with Trispeed when I was five years old. Then, I started running with them too and I enjoyed it very much and added cycling to it. Since I participated in my first Kids Duathlon in 2015 in Mamer and enjoyed it so much, I discovered my love for triathlon. In 2017, I trained with the SL to improve my swimming technique and the same year I joined UC Dippach to be able to participate in cycling competitions. In 2019, I joined X3M and enrolled at the Sportlycée to combine my studies and my sports. I am very happy that the Triathlon Federation enables me to practise my sport and supports me in my journey to improve and reach my goals.

What are your aims in the sport?

I want to qualify for the French Championships and I want to work hard to achieve this. My biggest wish however, is to qualify for the Olympics.

What are your biggest achievements so far?

I was so happy when Linda, Gwen and I placed second in the French Championships in Angers as a team.

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

My favourite discipline is cycling followed by swimming. My favourite training session is a ride on my road bike. I love to be challenged and work hard on my weaknesses.

How many hours a week do you train?

I train between 8 and 15 weeks, it depends.

Favourite food? Is nutrition something you pay attention too?

My favourite food is sushi but I eat everything but pay attention to my nutrition.

Any other hobbies except for triathlon?

I love participating in cycling races both on the road and on the trail.

Any triathlete you look up to (idols) and why?

My idol is Eva Daniëls, she motivates me to work hard on myself to be as good as her once.





• THIERRY KOHN

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

Out of curiosity I participated in the Trispeed Challenge in 2012 and I met one of the icons of triathlon in Luxembourg for the first time, René Lieners. During the triathlon race he helped and encouraged me from the start to the finish line and I can say that it's the people you meet, whether friends or competitors that keep you motivated.

What are your aims in the sport?

The major aims would certainly be to keep fit for as long as possible without it becoming monotonous and experiencing what is possible in every training day.

How do you make a living?

I am a German and practical philosophy (VIESO) teacher.

For how long have you been assisting our coaches at the FLTRI?

In 2017, I took part in several training sessions to become a coach and in one of them I met the head coach Cyrille Eple. After passing my exam, I was asked if I would be interested in joining their team in 2018 and of course I took up the opportunity.

What's your motivation behind training our young triathletes?

Finding solutions together for the problems which will pop up and bringing some distraction in different ways when needed; talks are certainly one key.

Any other hobbies except for triathlon?

Family.

What is your favourite training session with our athletes?

For some time, it had been the bike or even the bike and run, but actually I am getting more and more into the interval training sessions because every session is built on one another and I find it very interesting seeing and accompanying the athletes' improvements.

A piece of advice for our young athletes?

Persistence brings improvement; for example with interval or mobility sessions.



• POLI STOFFEL



First name : Poli
Surname : Stoffel
Age : 15
Age group : Youth A
Height : 1,86 m
Club : Karibu
Coach : Cyrille Eple
School : Sportlycée

Favourite discipline in training

Cycling

Favourite discipline during the race

All of them together

Favourite race

Duathlon Junglinster

Goals 2022

Place well in the French Championships and the Youth European Championships

Long term goals

For now, I do not have any long term goals

Long-distance racing?

Sure. And preferably even place well at the World Championships in Kona

Amount of training sessions during a perfectly hard week

21 h

Triathlon for me is...

... something very important in my life.

I hope to do well in triathlon and have high expectations for myself.

I have a lot of friends in triathlon that helped me find my motivation during difficult times and that I want to thank for their support.

We have a good training group that is a lot of fun to train with which I am very happy about. I have experienced a lot of good moments within the FLTRI and hence I do not know what I would do without them. I would like to specifically thank Leo Weishaar, a good friend of mine and Cyrille who has always supported me over the years.

Time and Security

Temps de présence

Temps de production

Alarmes

Contrôle d'accès

Vidéo-surveillance



DSK
SYSTEMS

92, route d'Arlon

L-8311 Capellen

Tél: (+352) 49 38 72-1

info@dsk.lu • www.dsk.lu

• NEW CHAPTERS FOR OUR YOUNGSTERS

• SOPHIE HERMES

1. For how long did you train with the youth FLTRI training squad?

I was at the Sportlycée from 2014 to 2021, from „Septième“ to „Première“.

2. My favorite memory from the Sportlycée was...

... the Ski Lasel Championship. With a small, cool group of students from the Sportlycée, we drove to Adelboden to ski for the Lasel Championship. We all had a lot of fun and this is a memory I will never forget.

3. What I will miss most.

Mostly, I will miss all the people around me who have always supported me in my studies and in sports. For me, it was a big honour to be part of such a familiar school like the Sportlycée, which I will surely miss at university. Moreover, I am incredibly thankful to have been a member of such a great training group of disciplined and motivated young athletes, which was a unique chance.

4. What are you going to do schoolwise or jobwise?

This year, I am taking a gap year but next year I will study Sport Science in Vienna. Afterwards, I will see where the road is heading but I am really interested in Sports Psychology.

5. What are your goals in sport now?

I always dreamed about being an Olympic or World Champion but I had to lower my goals. Now, I prefer to focus on my studies and, afterwards, my ambition is to prevent young athletes from making the same mistakes I made as an athlete.

6. I am mostly looking forward to...

Although I already miss my old daily routine, I am looking forward to a new stage in life, to meet new people and to develop myself.

• TOM CARRE

1. For how long did you train with the youth FLTRI training squad?

I was educated at the Lycée Français du Luxembourg (Vauban) but I have been training with Sportlycée athletes since 2016.

2. My favorite memory from the Sportlycée were...

... the training camps abroad when we trained and ate together, they are like a second family.

3. What I will miss most.

I will really miss those training camps, it was so intense!

4. What are you going to do schoolwise or jobwise?

I have started studying medicine in 2020 to hopefully one day become a surgeon.

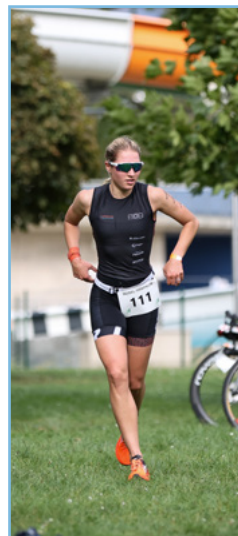
5. What are your goals in sport now?

My studies will take up a lot of my time but I do not intend to stop triathlon, it

remains my passion above all and I need it for my balance. I think I will get back to it seriously after my last year and the national competitive exam to try my luck with the elites.

6. I am mostly looking forward to...

Today, I focus mainly on my studies, while trying to keep active.



• **EVA DANIËLS**

1. For how long did you train with the youth FLTRI training squad?

I was at the Sportlycée from 2012/2013 to 2020/2021.

2. My favorite memory from the Sportlycée was...

There are a lot of memories but every Tuesday, Thursday and Friday I needed some kind of excuse for being late to class. 90 % of the time I was either too late because training took too long or because I was taking too long in the showers.

3. What I will miss most...

... is the carefreeness that accompanied my time at school. I was able to combine my studies with sport without any stress and overthinking (for example when to retake tests when we were at a training camp and so on.)

4. What are you going to do schoolwise or jobwise?

First and foremost I will be a fulltime

athlete and studying psychology half-time.

5. What are your goals in sport now?

My long term goal has not changed and that would be to qualify for the Olympic Games, have a good result in a WTS race and place well in the general WTCS classification.

My short term goals are to learn and improve every year. For this year, I hope to have a consistent season and to translate my performance in training into my races.

6. I am mostly looking forward to...

... all the changes that are taking place at the moment. I have moved to Bonn and I am training with my German team and other high performance athletes with Cyrille still being my head coach. With all these new changes, I also expect to grow as a person both tackling my everyday life as well as my sport.

- **YOUTH FOR TRIATHLON**

During our General assembly, the youth for triathlon label was awarded on 29th March 2021 at the Coque to the following clubs:

Trilux



CAEG



X3M



Trispeed Mamer



We would like to thank the clubs for their invaluable work with our young athletes!





• ETU & ITU COMPETITIONS



• World Triathlon Rankings 09/12/2021

Bob HALLER

World Ranking 82
Continental Ranking 48

Stefan ZACHÄUS

World Ranking 100
Continental Ranking 61

Gregor PAYET

World Ranking 167
Continental Ranking 91

Oliver GORGES

World Ranking 217
Continental Ranking 115

Eva DANIËLS

World Ranking 231
Continental Ranking 118

Joé KURT

Paratriathlon Ranking 9



- **WORLD TRIATHLON CHAMPIONSHIP
SERIES YOKOHAMA 15/05/2021**

ELITE MEN

32 Bob HALLER
41 Stefan ZACHÄUS

PTS4 MEN

7 Joé KURT



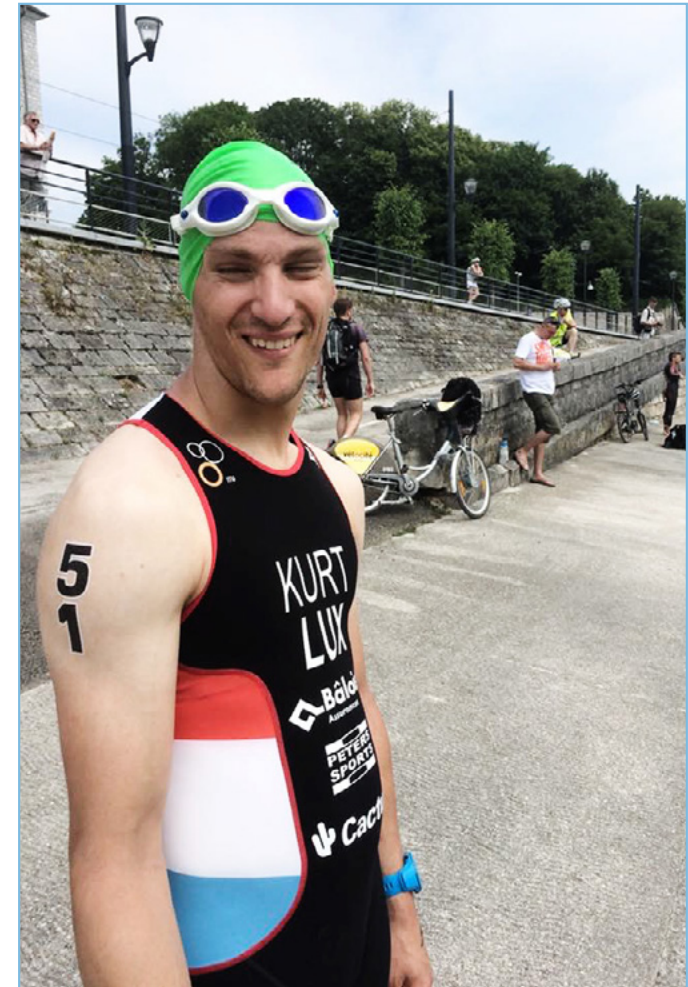
- **WORLD TRIATHLON CHAMPIONSHIP
FINALS LEEDS 5 & 6/06/2021**

ELITE MEN

DNF Bob HALLER
DNF Stefan ZACHÄUS

PTS4 MEN

4 Joé KURT



- **EUROPE TRIATHLON SPRINT & RELAY
CHAMPIONSHIPS KITZBÜHEL 18 & 19/06/2021**

ELITE MEN

41 Gregor PAYET

ELITE WOMEN

DNF Eva DANIĚLS

JUNIOR MEN

54 Lucas CAMBRESY

JUNIOR WOMEN

28 Mara KROMBACH





- **WORLD TRIATHLON CHAMPIONSHIP
SERIES MONTREAL 13/08/2021**

ELITE WOMEN

38 Eva DANIĒLS



- **WORLD TRIATHLON CHAMPIONSHIP
FINALS EDMONTON 21/08/2021**

ELITE MEN

28 Bob HALLER
32 Gregor PAYET

U23 WOMEN

19 Eva DANIËLS



- **WORLD TRIATHLON CHAMPIONSHIP
SERIES HAMBURG 18/09/2021**

ELITE MEN

33 Bob HALLER



- **EUROPE TRIATHLON
CHAMPIONSHIPS VALENCIA
25/09/2021**

ELITE MEN

25 Bob HALLER

PTS4 MEN

4 Joé KURT

**Restez concentré sur vos objectifs,
nous veillons sur le reste.**



Que vous soyez un client privé ou institutionnel,
Bâloise Assurances vous accompagne tout au long de votre parcours.

Parce que l'esprit sportif est dans notre ADN.

www.baloise.lu

Bâloise
Assurances

- **WORLD TRIATHLON AQUATHLON
CHAMPIONSHIPS EL ANILLO 30/10/2021**

ELITE MEN

20 Oliver GORGES

U23 MEN

5 Oliver GORGES



- **WORLD TRIATHLON CHAMPIONSHIP
SERIES ABU DHABI 05/11/2021**

ELITE MEN

30 Bob HALLER



- **EUROPE TRIATHLON YOUTH
CHAMPIONSHIP FESTIVAL
ALANYA 03/10/2021**

FINAL YOUTH WOMEN

1 Mara KROMBACH
27 Gwen NOTHUM

FINAL YOUTH MEN

14 Aurélien CARRE

FINAL B YOUTH MEN

10 David LANG

MIXED YOUTH RELAY

13 Mara KROMBACH
 Gwen NOTHUM
 Aurélien CARRE
 David LANG

ALANYA 2021





• TOKYO 2020 OLYMPIC GAMES

The Tokyo Olympic Games : a dream becoming reality.

To take part in a triathlon event in front of millions of television viewers, to represent his country, but above all to be able to make a mark, this was the daring challenge that Stefan ZACHAEUS had

set himself. The pinnacle of that challenge was when Stefan took the lead of his Olympic race during the cycling part. He led the race, alone in the lead for almost 15 minutes. These will be unforgettable minutes for him as well as for Thomas ANDREOS, the national trainer who was present. A Luxembourg-

gish rider in a breakaway at the Olympic Games... a dream that is hardly imaginable.

A hard-earned reward. This Olympic event comes at the end of a long qualification period that was fiercely contested until the last minute.

As soon as the selection was made, everything accelerated for Stefan and his coach. Two intense months of training to prepare for the infernal weather conditions in Japan during the summer.

But once in the heart of Tokyo, inside the Olympic village, in the midst of hundreds of athletes from different countries and disciplines, the awareness of a fulfilled dream took over. It was the absolute pleasure, the ultimate achievement. The long and hard training sessions, the difficult qualification, the family sacrifices... everything was soon forgotten and is now replaced with the satisfaction of being an Olympic athlete.





• MARA KROMBACH



Dear Mara, congratulations on your first place at the Youth European Championships! Please tell us a bit more about this outstanding experience.

After having participated at the Junior EM and EC in 2021, I was happy to measure myself against athletes my own age. Furthermore, it was my first race in Turkey which was a very interesting and nice experience to encounter a new culture such as their daily prayers.

Moreover, it was an experience that has enriched my sporting career tremendously and we had a good time as a team. It was very special for me and Gwen to both participate in the final where we were able to show our team spirit. Especially on the bike we were able to work well together. When I finally reached the running part, I did not expect anything major and was just running sticking to the front group. When I finally reached the finish line and was holding the tape in my hands,

I barely believed what had just happened. At first, I was overwhelmed and did not realise what had just happened. Then, the congratulations came flooding in and we all celebrated and enjoyed the moment as a team. To stand on top of the podium and hear the national anthem was a goose bump moment for me that I will never forget.

I would like to thank the FLTRI once again to have been able to participate in this event.



- **MIDDLE & LONG DISTANCE WC**

- **Ironman 70.3 St. George**

Olivier GODART

TIME: 04:20:31

DIV RANK: **1**

GENDER RANK: 54



- The Championship Samorin

Samantha ECKER

TIME: 05:08:13

DIV RANK: 9



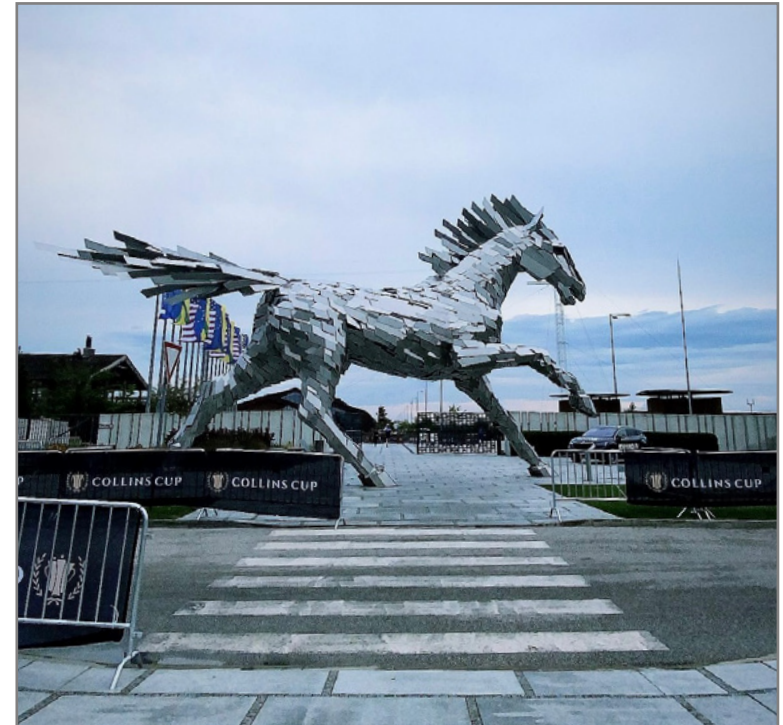
- Slovakman

Olivier GODART

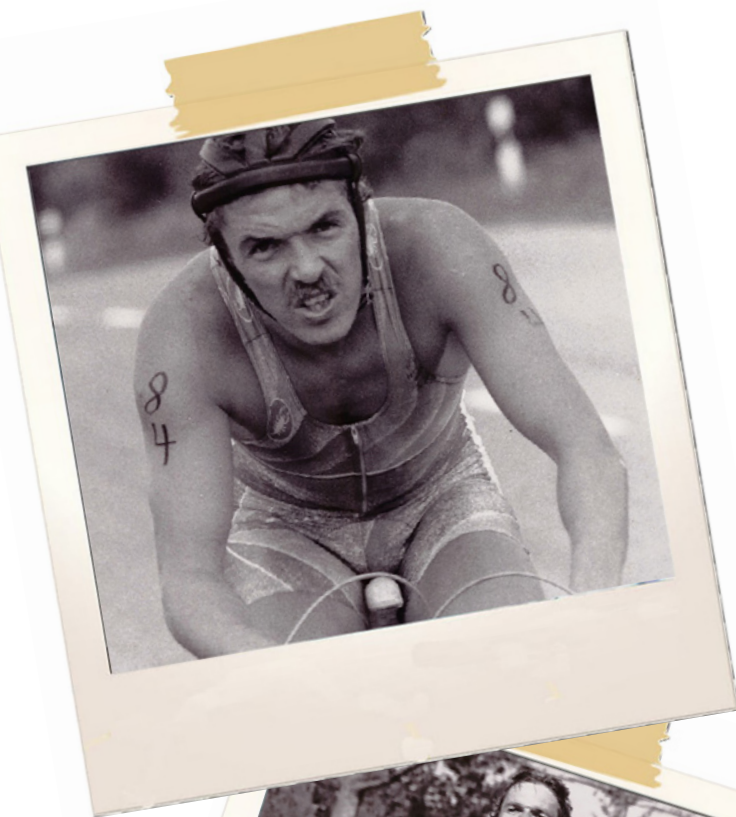
TIME: 08:09:21

RANK: 1

new FLTRI long distance AG record



• THE PIONEER



• RENE LIENERS

My sporting career started in 1973

with my first football license at US Rumelange. I did play handball at the same time and was quite good at both sports. In 1984, the first triathlon was taking place in Luxembourg in Ell and I actually made a bet with my brothers in law to finish it, which we all managed to do and I had a lot of fun. I had no idea about any of the three sports and I had to borrow a bike and I once practised swimming 60 lengths in a 25m pool.

The following year I started again, I still had to borrow a bike but managed to finish 10th Luxembourg. When I was called to the podium I decided to train seriously and got my first triathlon license with Trilux. From then onwards, I wanted to podium in national races between 1988 and 1993 and I managed to finish third twice over the Olympic distance. Unfortunately, I never managed to come first since I once had a flat tire and the other time I managed to run up to the leader but needed to let him go

because of cramps. However, over the half distance, I was champion three times with my fastest time being 4:16. Furthermore, I was vice champion in duathlon twice and once over the half distance. I was also allowed to start at the European Championships in Venice.

One of my biggest goals was the participation at the European Championships in Luxembourg in 1993 in Echternach.

To finish off my career, I wanted to do a full Ironman in Roth trying to aim for 9.30. Despite being on course until 20k to go I had to let go of this goal. It was supposed to be my last race but I did not want to finish my career on such a note and I decided to carry on with the sport because I really enjoy doing it. Actually, I have participated in all the Weiswampach and Echternach races and I am looking forward to this year's editions. Over the course of the 38 years of being an active triathlete I finished 515 races and despite only training for 10 to 12 hours per week I actually trained for 13.697 hours over the course of my

career (5387 km swimming, 190.840 km biking and 55.917 km of running).

In addition to being an athlete, I am also active in the background. In 1995, I was contacted by CaBelvaux to organise a youth triathlon training group and hence CAB was the first club to offer this kind of training to young athletes in Luxembourg. I was leading up to seven training session per week and the club managed to form some strong athletes from these training groups in both triathlon and in track and field. When most youngsters in those groups grew up I started a leisure training group in 2010 that is still running with four to five sessions per week. What makes me happy is that 25 years after my initiative and with the help of Thierry, we will organise a youth triathlon in Belvaux again.

Furthermore, I am a member of the CAB board and I was helping with the organisation of the Belvaux Duathlon. Unfortunately we had to give up on this race after 30 years but we are still organising a Crossduathlon race. I was also one

of the founding members of the Luxembourgish Triathlon Federation and a member of the committee until 2008. Finally, I would like to share some personal thoughts about the sport. Triathlon is a very fun sport that is a good leisure activity for youngsters and adults alike. To train at a higher level though one has to be aware that competing internationally is only possible as a professional triathlete plus taking into account all the financial investments. My main goal is always to promote the fun side of triathlon and the competitive aspect should only rank second.



• TOURS & CHALLENGES

FLTRI TOUR

| | |
|----------------------------|------------|
| Ironman 70.3 Luxembourg | 11.09.2021 |
| Museltiathlon Grevenmacher | 02.10.2021 |
| Red Rock Challenge | 09.10.2021 |
| Duathlon Junglinster | 17.10.2021 |

DUATHLON CHALLENGE

| | |
|----------------------|------------|
| Red Rock Challenge | 09.10.2021 |
| Duathlon Junglinster | 17.10.2021 |

KIDS TOUR

| | |
|-----------------------------|------------|
| Museltriathlon Grevenmacher | 02.10.2021 |
| Duathlon Junglinster | 17.10.2021 |

YOUTH TOUR

| | |
|-----------------------------|------------|
| Museltriathlon Grevenmacher | 02.10.2021 |
| Duathlon Junglinster | 17.10.2021 |

www.studio-land.lu

32, rue Edmond Reuter | L-5326 Contern

STUDIO-LAND
BABY, KIDS & JUGEND WELTEN



JSK -15% DE
REMISE
LIVRAISON &
MONTAGE
GRATUIT

• SPECIAL THANKS

• Technical officials

Controlling uniforms, checking bicycles and helmets, guiding adult athletes and helping younger athletes to run in the right direction... These are all tasks of our referees before and during a triathlon competition. The referees make sure that the competition rules are respected while their main concern is to ensure the safety of every athlete.

We want to send a huge „THANK YOU“ to all our referees who helped at the competitions in 2021! You are an integral part of the triathlon sport! For the next season we hope that we can all return to a normal race calendar, and we wish you happy moments and great memories during the races.



• FLTRI MEMBERS



