

IMPRESSUM

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Text Paule KREMER Christian KROMBACH

Layout Sophie MARGUE

FLTRI YEARBOOK

2018

www.fltri.lu



Dear triathletes 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



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 quest 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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LUXEMBOURG TRIATHLON

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CADRES FLTRI 2018

LD

SD

SD

SD

SD





| Philippe LAMBERTY | LD |
|-------------------|----|
| Eric WAGNER | LD |
| Yannick LIENERS | SD |
| Jerôme EWEN | DU |



| Tom KRIER | LD |
|--------------|----|
| Claude LUCAS | LD |
| Pia WILTGEN | SD |

Junior

Eva DANIËLS

Cadre paratriathlon

Joe KURT

Cadre promotion

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

ELITE



Stefan ZACHÄUS



Oliver GORGES

PROMOTION



Photos: Viviane Sloniewicz

Gregor PAYET

• SECTION DES SPORTIFS D'ELITE DE L'ARMEE



Oliver GORGES since 2018

Bob HALLER since 2013 Stefan ZACHÄUS since 2017



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• Triathletes at Sportlycée

TRIATHLO

ASPORT

Cactus

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SPORT

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V Cactus

ASPORT

¢-Bàloise

Regulux

TRAINING

2017/2018

LUXEMBOURS TRIATHLON

Cactus

ASPORT

Eva DANIELS Sophie HERMES Noémie RIES Lou VAN DEN BOSSCHE Kristina BARRET HAYES Léo WEISHAAR Olivier HAVE

2018/2019 Eva DANIELS Sophie HERMES Noémie RIES Lou VAN DEN BOSSCHE

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Cectus

SPORT

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Kristina BARRET HAYES

Léo WEISHAAR Jasmin ANDERSEN Ben SMALLBONE Luca SEIDEL Gwen NOTHUM Finn SCHILTZ

TRIATHL

ASPOR

4





RTL

Regulux

Bâloise





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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 | 01.12.2018 | FLTRI / Willy Oberweis & Corinne Kraus |



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Let's talk "food" **another** way

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NATIONAL CHAMPIONSHIPS

CROSS DUATHLON

YOUTH B BOYS

| | EN | | 1 2 | CARRE Aurélien LANNERS Nicolas | Trispeed Trispeed |
|------------|--------------------------------|-------------|-------------------|---|----------------------------------|
| 1 | KLEIN Isabelle | Trilux | YOUTH C GI | RLS | |
| ELITE MEN | EWEN Jérôme | Team Snooze | 1 2 3 | HIM Julia ANDERSEN Jasmin BIVER Lou | Trispeed Trispeed Trispeed |
| 2 3 | PAPI Dany PADERHUBER Oliver | CAB CAB | YOUTH C BC |)YS | |
| PARADUATH | ILON PT4 | | 1 2 | LANG David KERRENS Alex | Trispeed Trispeed |
| 1 | Joé KURT | Trispeed | 3 | SEIDEL Luca | ХЗМ |
| YOUTH A GI | RLS | | AGE GROUP | CHAMPIONS | |
| 1 | DANIËLS Eva | Trilux | M25 M30 | DESBORDES Joé MERTZ Ben | Team Snooze Team Snooze |
| YOUTH A BC | DYS | | M35 M40 M45 | GAUDRON Jean-Luc LOPES Isidro | Trilux Hirondelle Schuttrange |
| 1 | CARRE Tom | Trispeed | M45 M50 | SEIDEL Christian SCHMITZ Jean | X3M Trispeed |

Études posturales dynamiques pour cyclistes et triathlètes



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par Patrick GUILLAUME

1, Rue Abbé Georges Kayser L-8390 Nospelt

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Mail: info@bikefit.lu

Tél: 26 10 20 21

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

DUATHLON

ELITE WOMEN

1 (federal)

ELITE MEN

1

2

3

1

2

3

YOUTH B BOYS

| Trilux | | 21 6 | |
|------------------------|---|-----------------------|------|
| Trispeed | 3 | LANNERS Nicolas | Tris |
| Trilux | 2 | CAUWE-GOERES Valentin | Tris |
| Hirondelle Schuttrange | 1 | CARRÉ Aurélien | Tris |

YOUTH C GIRLS

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

YOUTH A GIRLS

| 1 | DANIËLS Eva | Trilux |
|---|---------------|----------|
| 2 | HERMES Sophie | Trispeed |
| 3 | BERTON Nina | Trispeed |

OVERBEEK Haitske

FLAMMANG Danièle

KLEIN Isabelle

THILLMANN Lis

EWEN Jérôme

PAPI Dany

LIENERS Yannick

YOUTH A BOYS

| 1 | CARRÉ Tom | Trispeed |
|---|-----------|----------|
| • | | mopeed |

YOUTH B GIRLS

| 1 | RIES Noémie |
|---|--------------|
| 2 | MURRAY Sofia |

ХЗМ Trispeed

CAB

CAB

Team Snooze

YOUTH C BOYS

1 2

3

Trispeed Trispeed ХЗМ







• 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 | JUNGBLUTH Eric | Trispeed |
| M35 | GAUDRON Jean-Luc | Trilux |
| M40 | CAETANO Yves | Trilux |
| M45 | PIECH Pascal | Trispeed |
| M50 | OBERWEIS Werner | FLTRI |
| M55 | LONGO Francesco | Celtic |
| M60 | BARTOLINI Gian Marco | X3M |
| M65 | SCHNEIDER Jean-Claude | Trilux |











70.3[°] LUX EM BOURG

16. JUNI 2019

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LUXEMBOURG TRIATHLON

TRIATHLON STANDARD DISTANCE





• TRIATHLON SPRINT DISTANCE

ELITE WOMEN

| 1 | WILTGEN Pia |
|---|--------------|
| 2 | DZIADEK Anja |
| 3 | KREMER Paule |

ELITE MEN

1 KORNELIS Stefan

AGE GROUP CHAMPIONS

| M35 | FEHR Duc | С |
|-----|-------------------|---|
| M40 | CAETANO Yves | Т |
| M50 | LAPLUME Christian | Т |
| M55 | LONGO Francesco | С |
| | | |

CAB Trilux Trispeed Celtic

CAD

Celtic

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• CISM ELITE WORLD CHAMPIONSHIPS

REFEREE

| 1 | Pierre LE CORRE | FRA |
|---------|-----------------------------|------------|
| 2 | Aurelien RAPHAEL | FRA |
| 3 | Andrea SALVISBERG | SUI |
| | | |
| 6 | Bob HALLER | LUX |
| 6 24 | Bob HALLER Oliver GORGES | LUX LUX |

GORGES

V Cactus ASPORT

Participants: 83

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^photos: Viviane Sloniewicz

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• LET'S MEET...

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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 triathlon 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. How many hours a week do you train? On average, I train 9 hours a week.

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

I think I would practise windsurfing.

How do you make a living?

I am a primary school teacher.

Favourite food? Is nutrition something you pay attention too?

I love chicory with ham baked in the oven served with rice. I love food in general but I think sushi is the best food to fuel after training. And unfortunately I eat too much chocolate ;)

Any other hobbies except for triathlon? I really enjoy travelling.

arena



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.



NIXEMBORE TRINIHICA

NO

HERMES

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• FLTRI EVENTS

Talent Day

In 2018, **51 young athletes** participated at our Talent Day. This day has as a main objective to bring together young athletes of all levels. The day consists of playful and technical workshops in swimming, cycling and running as well as time trials in swimming and running. Supervision was provided by our coach C trainees (Carlo Feltes, Claire Metz, Jean Marie Juchemes, Thierry Kohn, Thierry Kolata, Tom Oswald) as well as Thomas and Cyrille Epple.

This day has several purposes:

- It brings together young Luxembourgish triathletes from the Kids to Junior categories.
- It ensures a follow-up and a relationship between the young athletes and the federation.
- It helps the athletes become aware of their progress and to test themselves.
- It helps us to integrate athletes in our national team provided they obtain the necessary points during the day and have obtained significant results in competition.
- It serves as a selection criterion in the event of a participation at the European Youth Championship.

Summer Camp

30 young people participated at our summer camp from 6th to 10th August. The objective is to gather the young triathletes during the holidays to train the three disciplines in a fun way. In order to participate at the summer camp you have to be a member of an affiliated FLTRI club, be born between 2007 and 2001 and swim less than 2min in 100m and run less than 4'45 in 1000m.

Athletes met 15 minutes before the start of each session in the lobby of the Coque. The camp consisted of two sessions offered a day. The day always started with a swimming session as well as a running and strengthening session or a bike and run in the afternoon. The FLTRI provided lunch between these two sessions.

• FLTRI INDOOR AQUATHLON

ELITE WOMEN

| 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

3

| 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 |

CONSTANT Many



NKAS

BEL

Photos: Sophie Margu





SAVE THE DATE 20.01.2019

ACUATHON

• **IRONKIDS**

YOUTH A GIRLS

| 1 | JANUS Olivia |
|-------------|--------------------------|
| 2 | PHILIPPI Malin |
| YOUTH A BO | YS |
| 1 | GLOUDEMANS Jasper |
| 2 | LE FOLL Alexandre |
| YOUTH B GIR | ILS |
| 1 | VAN DEN BOSSCHE Lou |
| 2 | RIES Noémie |
| 3 | WALTER Marine |
| YOUTH B BO | YS |
| 1 | LANNERS Nicolas |
| 2 | SCHMIEDER Noah |
| 3 | LINDMARK MELO Hugo |
| YOUTH C GIR | ILS |
| 1 | KROMBACH Mara |
| 2 | ANDERSEN Jasmin Victoria |
| 3 | BARRETT-HAYES Kristina |

YOUTH C BOYS

| 1 | WEISHAAR Leo |
|---|-------------------|
| 2 | SMALLBONE Ben |
| 3 | KERRENS Alexandre |

KIDS A GIRLS

| 1 | KROMBACH Linda |
|---|-------------------------|
| 2 | BERENS Catherine |
| 3 | BOUWMEISTER Yfke |

KIDS A BOYS

| 1 | HEYART Tom |
|---|----------------|
| 2 | MOLLIERE Sacha |
| 3 | COLLE Noé |

KIDS B GIRLS

| 1 | KROMBACH Eva |
|---|--------------|
| 2 | BARTHEL Emma |
| 3 | LOPES Elena |

KIDS B BOYS

| 1 | WÜNSCH Christopher |
|---|--------------------|
| 2 | GUERIN Aaron |
| 3 | KOMMES Paul |

BAMBINI GIRLS

| 1 | LIBENS-THEIN Maxime |
|---|---------------------|
| 2 | KOMMES Margat |

- 2 KOMMES Margot
- **3** O'BOYLE Mona

BAMBINI BOYS

| 1 | DI LENARDO Lenny |
|---|------------------|
| 2 | SERWIN Jakub |

3 FONTEYN Arne





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• OTHER NATIONAL EVENTS

SPRINGWATER TRIATHLON

Scratch WOMEN

| 1 | OVERBEEK Haitske |
|---|------------------|
| 2 | DAMMEKENS Mandy |
| 3 | JAFFKE Annette |

Scratch MEN

| 1 | GLOCKSHUBER Bastian |
|---|---------------------|
| 2 | SCHAFFELD Timo |

3 MOONEN Hans

Scratch WOMEN Promo Sprint

| 1 | DICKES Sally |
|---|------------------|
| 2 | EGLISDOTTIR Runa |
| 3 | KIRKPATRICK Jane |

Scratch MEN Promo Sprint

| 1 | PONTES Matheus |
|---|----------------|
| | |

- 2 HODGSON Gavin
- 3 HORN Jonas

YOUTH B GIRLS

HAU SarahMURRAY Sofia

YOUTH B BOYS

- 1 CAUWE GOERES Valentin
- 2 LAPLUME Metti

YOUTH C GIRLS

| 1 | NOTHUM Gwen |
|---|-------------|
| 2 | NEY Saskia |

YOUTH C BOYS

| 1 | LANG David |
|---|--------------|
| 2 | SEIDEL Luca |
| 3 | SCHILTZ Finn |

KIDS A GIRLS

| 1 | BERENS Catherine |
|---|-------------------------|
| 2 | BOUWMEISTER Yfke |
| 3 | MOUSEL Sarah |

KIDS A BOYS

| 1 | LANG Yannis |
|---|-----------------|
| 2 | HIRSCHAUER Rémi |
| 3 | HEYART Tom |

KIDS B GIRLS

| 1 | NOTHUM June |
|---|-------------------|
| 2 | SCHILTZ Manon |
| 3 | BOUWMEISTER Julie |

KIDS B BOYS

| 1 | FERREIRA GRACA Yann |
|---|---------------------|
| | |

- 2 MOOG Paul
- **3** MURRAY Henry

Time and Security

Temps de présence Temps de production Alarmes Contrôle d'accès Vidéo-surveillance



92, route d'Arlon L-8311 Capellen Tél: (+352) 49 38 72-1 info@dsk.lu • www.dsk.lu TRIATHLON ECHTERNACH

Scratch WOMEN Promo Sprint

| 1 | SCHMIT Michele |
|---|----------------|
| 2 | DRIES Sabine |

Z 3 DICKES Sally

Scratch MEN Promo Sprint

- KURT Joe 2
- 3 **ONEAL** James
- 3 HODGSON Gavin

JUNIORS / YOUTH A GIRLS

| 1 | STEUB Uli Maren |
|---|-----------------|
| 2 | DETEMPLE Marie |

3 HAVARD Marie

JUNIORS / YOUTH A BOYS

| 1 | MICHEL Leo |
|---|--------------|
| 2 | CAMAL Thomas |
| • | |

3 HAVARD Thomas

YOUTH B GIRLS

| 1 | VAN DEN BOSSCHE Lou |
|---|---------------------|
| 2 | RIES Noémie |
| 3 | HAU Sara |

YOUTH B BOYS

| 1 | HERMANS Mischa |
|---|----------------|
| 2 | JEROME Floran |
| 3 | HERMANS Lenny |

YOUTH C GIRLS

| 1 | DETHIER Emilie |
|---|------------------------|
| 2 | BARRETT-HAYES Kristina |

HIM Julia 3

YOUTH C BOYS

| 1 | MOOG Mathis |
|---|---------------------|
| 2 | KERRENS Alex |
| 3 | WEISHAAR Leo |

WEISHAAR Leo

• RED ROCK CHALLENGE

KIDS A GIRLS

- **2** BERENS Catherine
- 3 MOUSEL Sarah

KIDS A BOYS

| 1 | HEYART Tom |
|---|-------------|
| 2 | MOOG Jules |
| 3 | LANG Yannis |

KIDS B GIRLS

| 1 | KROMBACH Eva |
|---|---------------|
| 2 | SCHILTZ Manon |
| 3 | BARTHEL Emma |

KIDS B BOYS

| 1 | MOOG Paul |
|---|---------------------|
| 2 | YELISEY Schmitz |
| 3 | GUERIN Aaron |

Scratch WOMEN

1 COLJON Carmen

Scratch MEN

- 1 DIEDERICH Tim
- **2** BEKAERT Julien
- **3** DR. BOULANGER Leo



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7 rue des Alouettes L-1121 LUXEMBOURG Tél : 297 704 / Fax : 295 407 Mail : stefi.vaccher@wester.lu / Site : www.wester.lu TRIATHLON WEISWAMPACH

Scratch WOMEN Standard Distance

| 1 | OVERBEEK Haitske |
|---|------------------|
| 2 | CLAISSE Emma |
| • | |

3 DECALUWE Kelly

Scratch MEN Standard Distance

| 1 | DAUBORD Brice |
|---|------------------------|
| 2 | ZIEGLER Nick |
| 3 | REDING François |

JUNIORS / YOUTH A GIRLS

| 1 | HIJMAN Marije |
|---|------------------|
| 2 | WILLEMIJN Fruite |
| 3 | DEBOUCK Elena |

JUNIORS / YOUTH A BOYS

| 1 | BERINLINGER Jakob |
|---|---------------------|
| 2 | VAN EETVELT Mattias |
| 3 | THOESEN Noah |

YOUTH B GIRLS

| 1 | SIEHR Josephine |
|---|-----------------|
| 2 | WERNER Noelle |
| 3 | HILLER Eleonore |

YOUTH B BOYS

| 1 | SMOLDER Senne |
|---|-----------------------|
| 2 | GOORMANS Elias |
| 3 | ZAOUDI Gabriel |

YOUTH C GIRLS

| 1 | KROMBACH Mara |
|---|----------------|
| 2 | NOTHUM Gwen |
| 3 | DEVREUX Olivia |

YOUTH C BOYS

| 1 | LANG David |
|---|------------------|
| 2 | CANNAERTS Dries |
| 3 | GUILLAUME Arnaud |

Découverte GIRLS

| 1 | KROMBACH Linda |
|---|----------------|
| 2 | BRAUN Vanessa |
| 3 | SCHILTZ Manon |

Découverte BOYS

| 1 | LANG Yannis |
|---|------------------------|
| 2 | HEYART Tom |
| 3 | 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 WOMEN Short Route

| 1 | KiviCoca |
|---|------------|
| 2 | The Sharks |

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Scratch MEN Short Route

| 1 | Neckelouis |
|---|------------|
| 2 | Apidos |
| • | N |

3 Neptunus

Scratch MIXED Short Route

| 1 | CAB |
|---|-----------|
| 2 | Die Nemos |
| • | |

3 Team Coco Loco

• ETU & ITU COMPETITIONS



DECOUVREZ LA NOUVELLE COLLECTION SUR : WWW.Z3RoD.COM

• 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







BH

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Queensland

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WORLD TRIATHLON

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WORLD TRIATHLO

GRAND FINAL

GOLD COAST



• Sprint distance EC Glasgow



13 Hendrik FEHR 02:02:01

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marc@trinow.lu

• Youth Olympic Games Buenos Aires

DANIËLS LUX

Eva, congratulations on your outstanding performance at the YOG! Could you please share your thoughts/ emotions with us...

BEFORE THE RACE:

- really really nervous
- in the morning, I can 't eat properly
- (1h before the race) concentrate to a maximum, do not let other people deviate me
- concentrate on myself
- the only person I can talk to is my coach (before the race he is the only one who can calm me down and I want to talk to)
- do my own thing (do my routine/ warm up etc.)
- (10 min. before the race) I, talk' to my coach
- stay warm

DURING SWIMMING:

- focus on the first buoy
- concentration (not to make a false start)
- have a good start
- don't let the others swim away
- try to be the first to pass the buoy
- fight
- chaos

- (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

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

- 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



MIDDLE & LONG DISTANCE WC

Mare Me Minh 1817 1 5 HE 1

• 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 |

with the Hilling Turn the er ingert

• Ironman WC Hawaii

| Eric WAGNER | TIME: 08:56:12 | DIV RANK: 16 OVERALL: 90 |
|-------------------|----------------|-----------------------------|
| Christopher DOYLE | TIME: 10:32:26 | DIV RANK: 23 |
| Christian WEYLAND | TIME: 10:46:07 | DIV RANK: 203 |



Eric Wagner

TIME: 4:22:08

DIV RANK: 8 OVERALL: 31 0

shot

100 Θ TRISPORT ITU Long Distance WC • Philippe Lamberty ELITE MEN: 16 TIME: 5:43:03

Challenge Roth

UALEN

| Jérôme EWEN | TIME: 08:44 | DIV RANK: 2 OVERALL: 24 |
|------------------|-------------|----------------------------|
| Alain KIEFFER | TIME: 09:22 | DIV RANK: 1 OVERALL: 77 |
| Roland REDING | TIME: 13:05 | DIV RANK: 113 |
| Patrick MAAR | TIME: 11:04 | DIV RANK: 130 |
| Daniel SAUBER | TIME: 10:05 | DIV RANK: 63 |
| Christian SEIDEL | TIME: 11:38 | DIV RANK: 216 |
| Carlo FELTES | TIME: 13:23 | DIV RANK: 338 |



SPECK E

speck

SNOOZE

-

D FRERES

ultrasu

-

• ITU Powerman Long Distance WC

ESTE

| Christopher DOYLE | TIME: 07:29:52 | DIV RANK: | 1 |
|-------------------|----------------|-----------|---|
| Mario ARMANO | TIME: 08:42:54 | DIV RANK: | 5 |

DOYLE LUX

an
• TOURS & CHALLENGES



YUPPI KIDS TOUR

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



REGULUX YOUTH TOUR

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

> sport + fashion + lifestyle <</p>

ASPORT DUATHLON CHALLENGE

| CAB Cross-Duathlon | 18.03.2018 |
|--|--------------|
| CAB Duathlon Ehlerange | 29.04.2018 |
| Asport Red-Rock-Challenge Cross-Duathlon | 0607.10.2018 |
| ASPORT CROSS-DUATHLON CHALLENGE | |
| CAB Cross-Duathlon | 18.03.2018 |
| Asport Red-Rock-Challenge Cross-Duathlon | 0607.10.2018 |

YOUR RACING MOMENTS



NICOLA MALLARDI & KIM ANEN 1st Place



DANIELE FLAMMANG 2nd Place



SAM PETERS 3rd 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 ÉTÉ comme HIVER, vos plus belles vacances sont chez Emile Weber!





• 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

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