

**Y**  
**E**  
**A**  
**R**  
**B** 2  
**O** 0  
**O** 2  
**K** 4



**FLTRI  
YEARBOOK**

**2024**

[www.fltri.lu](http://www.fltri.lu)

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

ISBN

Text / Layout : Thomas Andreos

Photo credits :

Jeff Gloden  
Sportfotos.lu  
ValWagner

World Triathlon / Wagner Araujo / Tommy Zaferes

## **TABLE OF CONTENT**

INTRODUCTION

THE FEDERATION 2024

NATIONAL CHAMPIONSHIPS

ONE DAY AS...

FLTRI LABELS

SPECIAL PREP 70.3 LUXEMBOURG

ET & WT COMPETITIONS

MIDDLE & LONG DISTANCE

OLYMPIC GAMES - PARIS 2024

FLTRI MEMBERS

ANNIVERSAIRE FLTRI



In the morning of the 31. of August 2024, millions of spectator eyes were set on the River Seine, in the french capital of Paris, as the Olympic Triathlon event just started to unfold. Amongst the 55 world finest female triathletes diving into the river, figured also the best Luxembourgish hopeful for an Olympic medal position, Jeanne Lehair. What should have been a firework of positive emotions ended up being, unfortunately, a major disillusion for both the COSL and FLTRI staff, as Jeanne had to quit the race in one of the most dramatic ways. At that moment, coaches, fans, the media but foremost Jeanne herself had to realize that even the most meticulous and professional planning can be useless if luck is not on your side. As so often, we had to come to grips that the fate of an Olympic career all too often hangs on a very thin thread, in this case the thread was literally speaking an elastic string.

The quality of an athlete is however not solely measured by its sports successes it is foremost defined by how it can cope with the types of disappointments we had endure on this last August day.

A few weeks after this Olympic disillusion, Jeanne showed the entire world that she indeed possesses the skills to overcome disappointment quickly. She did so by bouncing back in the best possible way : winning one of the most high profile stages on the Super League Circuit.

Besides Jeanne, there were a few other luxembourgish athletes that showcased their talent by producing outstanding results. Indeed, Gregor Payet managed to have an excellent second half of the season but barely missed the Olympic qualification.

It was however David Lang that took everybody, except his coach, by surprise by placing 4th at the Junior Triathlon World Championships in Torremolinos, a result never attained by any other luxembourgish triathlete. Our Junior Relay Team finishing in the top 6 at the European Championships in Turkey is also proof that our youth development program is bearing its fruits.

Over the last ten years, the FLTRI hasn't been spoiled with Long Distance results in the Pro Category, this drought period came this year to an end though, as Gregor

Payet could celebrate his first victory at his first Middle Distance race. Stefan Zachäus on his side managed not only to finish in 4th position he was also able to set a new National Record at the European Long Distance Championships in Roth in a time of 7:40:28.

Despite the fact that, compared to last year, the number of events featured on the FLTRI Race calendar didn't increase in 2024, nobody can deny the fact that the quality of the events organized this year has indeed improved. For most organizations, the number of participants has also increased.

Triathlon Echternach and Triathlon International Weiswampach, the two eldest and most established Triathlon organizations in Luxembourg, achieving an impressive 69 race editions over the course of the last 40 years, have found back to old strength after undergoing a major organizational revamp.

After many years of abstinence, I am very happy to announce that the CSN is back on the Triathlon map, organizing not only the X-Duathlon in Munshausen, but also

becoming a major force to reckon with in terms of providing training opportunities for young aspiring triathletes.

With more than 78 licensed athletes registered in 2024, the CSN has managed to build a large community of young athletes that are eager to commit to our wonderful sport.

I am hereby wishing all of you lots of pleasure reading our traditional Yearbook and I hope that this document will be inspiration for your personal commitment to this sport.

Wishing you a healthy season 2025

**Christian Krombach**  
President



# THE FEDERATION 2024

## BOARD MEMBERS



Christian Krombach  
Président



Tania Hoffmann  
Vice-Président



Michael Kunde  
General Secretary



Marc D'Hooge  
Treasurer, COSL, WT  
& ET relations



Timon Svoboda  
Age Group, Elites &  
Sportlycée relations



Jean Marie Juchemes  
Referees



Ciran Mc Kay  
Referees



Martin Baumler

## ADMINISTRATION



Hendrik Fehr



Lina Russo

## MEDICAL STAFF



National Team  
Physiotherapist



National Team  
Physiotherapist

## TECHNICAL STAFF



Thomas Andreas  
National Technical  
Director



Cyrille Eple  
National Coach



Vladimir Zic  
National Coach

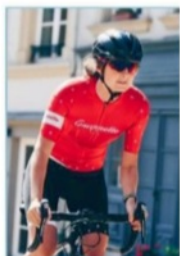
*My come back at the FLTRI technical team is extremely positive. I feel a strong team spirit and sincere support from the other coaches. Their advice and openness allowed me to quickly adapt to the federation's working methods, thus create a climate of trust and healthy collaboration.*

*Within the team, I hope to contribute to the development of each athlete by bringing new perspectives.*

### Charel Trierweiler



Thierry Kohn  
National Team  
Assistant Coach



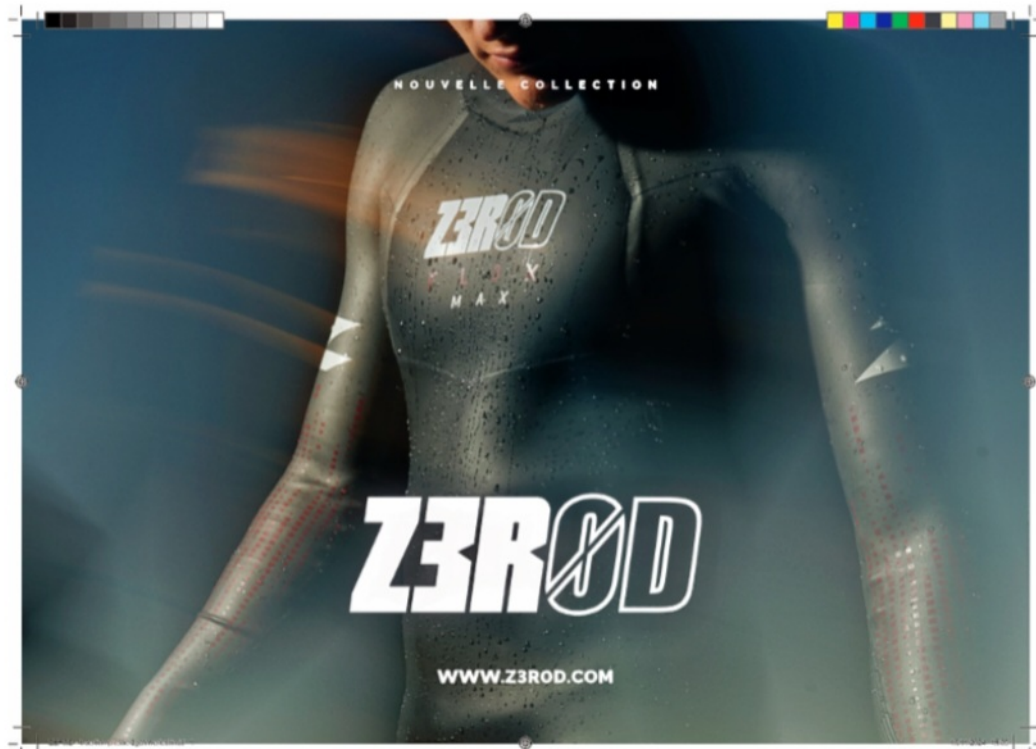
Sally Dickes  
National Team  
Assistant Coach



Marc Plata  
National Team  
Assistant Coach



Charel Trierweiler  
National Team  
Assistant Coach



## CADRES FLTRI 2024

# A

Eva Daniels SD  
Bob Haller SD  
Jeanne Lehair SD  
Gregor Payet SD  
Stefan Zachaeus SD

# B

Lucas Cambresy SD  
Eric Gonderinger LD

# C

Sally Dickes LD  
Adrien Rossignon LD

# U23

Aurélien Carré

# Junior

Lina Krombach Gwen Nothum  
Mara Krombach Pol Stoffel  
David Lang

# Youth

Tom Heyart  
Sebastian Ziekman

## Cadre paratriathlon

Joe Kurt

## Cadre promotion

Catherine Berens  
Guillaume Bock  
Julianne Bouwmeister  
Felix Engel  
Felix Follmer  
Tim Goergen  
Jason Kemmer  
Julia Knapik

Eva Krombach  
Sarah Mousel  
Sarah Piech  
Weronika Rybarczyk  
Charel Schiltz  
Manon Schiltz  
Emile Vanolst

*I am very proud to be part of the FLTRI.*

*We are a serious group with objectives and ambitions, and above all a good atmosphere!*

*It's very motivating and encouraging to be able to train alongside the best triathletes (young and adult) in Luxembourg, or even the world.*

**Sebastian Ziekman**

LOTIERIE NATIONALE

LILY  
A GRATTÉ  
LE SPORT  
A GAGNÉ

www.loterie.lu  
Games for good causes

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

OE ŒUVRE  
L'association de soutien  
à la culture luxembourgeoise

## CADRES ELITE 2024

### Cadre COSL

Eva Daniels  
Bob Haller  
Jeanne Lehair  
Gregor Payet  
Stefan Zachaeus

### SSEA

Section des sportifs d'élite de l'armée

Bob Haller  
Gregor Payet  
Stefan Zachaeus



Mara Krombach (promotion)  
David Lang (promotion)

*I am very proud to be part of the same group as high-level triathletes or Olympians. For me, this is very motivating, because my future is ahead of me. It's very exciting to be part of Team Lëtzebuerg.*

*The army offers exceptional conditions to sportsmen and women to allow them to represent Luxembourg internationally. This is a long-standing project. I hope to complete it, with it i would be able to progress further in the years to come.*

**David Lang**



**Soyez les premiers à franchir la ligne d'arrivée**  
avec nos partenaires sportifs Volkswagen



**ID.4** 100 % électrique

Avec une toute nouvelle génération de motorisations, d'infodivertissement et de logiciels.

Un nouveau système de propulsion est utilisé dans les versions « Pro » et « GTX » de l'ID.4 : le moteur à efficacité accrue, utilisé pour la première fois dans l'ID.7, offre nettement plus de puissance et de couple tout en réduisant la consommation d'énergie. L'autonomie combinée WLTP du SUV électrique polyvalent ID.4 est portée jusqu'à 550 kilomètres grâce à la nouvelle propulsion électrique.

Consommation électrique ID.4 (WLTP) : 18,8 - 14,0 kWh/100 km. Émissions CO<sub>2</sub> : 0 g/km. Les valeurs de consommation et d'émission indiquées ont été déterminées selon les méthodes de mesure prévues par la loi. Prix 2021 d'information, voir volkswagen.lu de concert avec votre concessionnaire Volkswagen.

[volkswagen.lu](http://volkswagen.lu)



## TRIATHLETES AT SPORTLYCEE

Tim Goergen  
Tom Heyart  
Eva Krombach  
Linda Krombach  
Mara Krombach  
Sarah Mousel  
Charel Schiltz  
Manon Schiltz  
Yelisey Schmotz  
Jan Steiner  
Tim Steiner  
Emile Vanolst  
June Weis  
Sebastian Ziekman



## FLTRI SPONSORS

Big Thanks to all our  
sponsors and partners



TRAININGPEAKS



bikefit

## FLTRI CALENDAR 2024

- 14.01 Aquathlon Luxembourg
- 20.01 Minett X-Duathlon
- 27.04 Triathlon Grevenmacher
- 05.05 55.0 Duathlon Junglinster
- 30.06 Ironman 70.3 Luxembourg
- 07.07 38e FOYER Triathlon International Echternach
- 14.07 3e Eislek X-Duathlon
- 18.08 Wämper Triathlon
- 05.10 Celtic Duathlon
- 12.10 Agora Red Rock Challenge



LUXEMBOURG  
TRIATHLON



volkswagen.lu



WILWERT

depuis 1957

G-art

TRAINING  
PEAKS



LU<sup>•</sup>EMBOURG  
LET'S MAKE IT HAPPEN

Z3R00



FLTRI

# NATIONAL CHAMPIONSHIPS

## MIDDLE DISTANCE TRIATHLON

### LUXEMBOURG WOMEN

1. Anne REISER
2. Danièle FLAMMANG
3. Sally DICKES

### LUXEMBOURG MEN

1. Moris BRUST
2. Eric GONDERINGER
3. Jang BELCHE



### AGE GROUPE CHAMPIONS

- F25. Anne REISER  
F30. Sally DICKES  
F40. Frédérique LEONARD  
F55. Danièle FLAMMANG
- M18. Kurt SCHOMMARTZ  
M25. Moris BRUST  
M30. Daniel RECKINGER  
M35. Eric GONDERINGER  
M40. Steve WEILER  
M45. Claude BERG  
M50. Thierry MAJERUS  
M55. Jean MODARD  
M70. Jean Claude SCHNEIDER





## SPRINT DISTANCE TRIATHLON

### LUXEMBOURG WOMEN

1. Linda KROMBACH
2. Mara KROMBACH
3. Sarah MOUSEL

### JUNIOR WOMEN

Mara KROMBACH

### YOUTH A GIRLS

Linda KROMBACH

### YOUTH B GIRLS

Weronika RYBARCZYK

### YOUTH C GIRLS

Julia KNAPIK



### LUXEMBOURG MEN

1. Sebastian ZIEKMAN
2. Théo MARTI
3. Tom HEYART

### JUNIOR MEN

Théo MARTI

### YOUTH A BOYS

Sebastian ZIEKMAN

### YOUTH B BOYS

Emile VANOLST

### YOUTH C BOYS

Noah DA LUZ

### PARATRIATHLON

Joe KURT



### AGE GROUPE CHAMPIONS

F18. Mara KROMBACH

F50. Sonia EICHER

M18. Gilles MINY

M25. Philip SANDT

M35. Joe KURT

M40. Yves KOCH

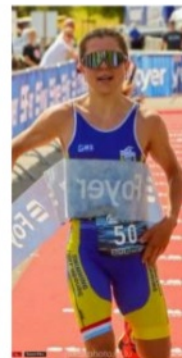
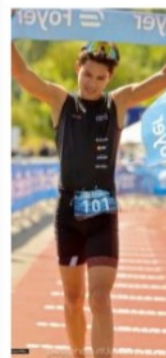
M45. Claude BERG

M50. Christian KROMBACH

M55. Jean MODARD

M60. Daniel SCHROEDER

M65. René LIENERS



## STANDARD DISTANCE TRIATHLON

### LUXEMBOURG WOMEN

1. Mara KROMBACH
2. Anne REISER
3. Anne MATHAY

### JUNIOR WOMEN

Mara KROMBACH

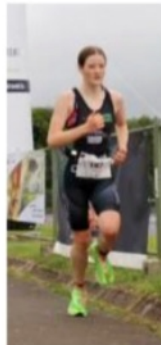


### LUXEMBOURG MEN

1. Lucas CAMBRESY
2. Aurélien CARRE
3. Pol STOFFEL

### JUNIOR MEN

Pol STOFFEL



### AGE GROUPE CHAMPIONS

F18. Mara KROMBACH

F25. Anne REISER

M18. Lucas CAMBRESY

M25. Moris BRUST

M30. Bob BERTEMES

M35. Eric GONDERINGER

M40. Christian BORMES

M45. Claude BERG

M50. Thierry MAJERUS

M65. René LIENERS



## DUATHLON

### LUXEMBOURG WOMEN

- CF. Eléonore Hiller  
1. Samantha ECKER  
2. Anne MATHAY  
3. Anne REISER

### JUNIOR WOMEN

Sarah PIECH

### YOUTH A GIRLS

Linda KROMBACH

### YOUTH B GIRLS

Manon SCHILTZ

### YOUTH C GIRLS

Liz MOREZ

### LUXEMBOURG MEN

- CF. Sylvain GEORIS  
1. Adrien ROSSIGNON  
2. Moris BRUST  
3. Nicolas TOUTSCH

### JUNIOR MEN

David LANG

### YOUTH A BOYS

Sebastian ZIEKMAN

### YOUTH B BOYS

Emile VANOLST

### YOUTH C BOYS

Felix ENGEL

### AGE GROUPE CHAMPIONS

- F25. Anne MATHAY  
F30. Samantha ECKER  
F35. Jennifer DUSDAL

- M18. Jeff MATHAY  
M25. Moris BRUST  
M30. Adrien ROSSIGNON  
M35. Nicolas TOUTSCH  
M40. Marc GOERGEN  
M45. Gavin HODGSON  
M50. Steeve CARRE  
M55. Jean MODARD



## CROSS DUATHLON

### LUXEMBOURG WOMEN

1. Carmen COLJON

### LUXEMBOURG MEN

1. Paris FELLMANN  
2. Jeff MATHAY  
3. Nicolas TOUTSCH

### JUNIOR MEN

Gilles BERG

### YOUTH A BOYS

Charel SCHILTZ

### YOUTH B BOYS

Emile VANOLST

### YOUTH C BOYS

Louis BAUSTERT

### YOUTH A GIRLS

Sarah MOUSEL

### YOUTH B GIRLS

June WEIS

### YOUTH C GIRLS

Maxine LIBENS THEIN



### AGE GROUPE CHAMPIONS

F30. Carmen COLJON

- M18. Jeff MATHAY  
M25. Paris FELLMANN  
M30. Pol FLESCH  
M35. Nicolas TOUTSCH  
M40. Christian BORMES  
M45. Tom GREISCH  
M50. Steve FELLER  
M55. Jean MODARD  
M65. René LIENERS



# AQUATHLON

## LUXEMBOURG WOMEN

1. Linda KROMBACH
2. Eva KROMBACH
3. Emma VICENTE SAINZ

## JUNIOR WOMEN

Emma VICENTE SAINZ

## YOUTH A GIRLS

Linda KROMBACH

## YOUTH B GIRLS

Eva KROMBACH

## YOUTH C GIRLS

Maxine LIBENS THEIN



## LUXEMBOURG MEN

1. David LANG
2. Théo MARTI
3. Lucas CAMBRESY

## JUNIOR MEN

David LANG

## YOUTH A BOYS

Sebastian ZIEKMAN

## YOUTH B BOYS

Tim GOERGEN

## YOUTH C BOYS

Felix FOLMER



## AGE GROUPE CHAMPIONS

F18. Emma VICENTE SAINZ

M18. David LANG

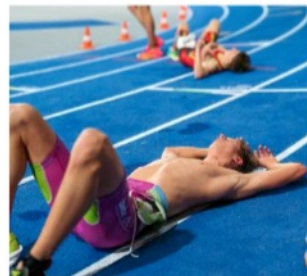
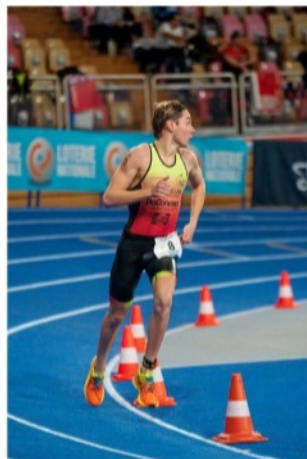
M30. Chris NEU

M35. Patrick ZEPP

M40. Marc GOERGEN

M45. Thierry KOHN

M55. Javier HIGUERA





# ONE DAY AS...

## PARENT OF A TRIATHLETE

**Is triathlon a family affair? Is everyone practicing?**

*Triathlon is a family affair indeed... Boma is the children's swimming coach at Trispeed. She manages the lessons and allows the children to be transported for training sessions. But it was dad who pushed Lina down the path of triathlon. His older brother, who was an athletics athlete, also took the opportunity to join the club, more to continue swimming than for competitions and finally turned out to be a second passion.*

**How many children practice triathlon?**

*In the family there are two children who practice triathlon. And let's not forget a little third who is just two and a half years old was born at the time of the triathlon debut of the two older children. In the baby carrier he has experienced all the races.... And then after saying his first word which was "daddy" he said "come on" clapping his hands.... That's how much time he spent cheering on the athletes!*

**What does triathlon represent in the family?**

*For us, triathlon represents moments of complicity and surpassing oneself.*

**How to manage travel to training? At competitions?...**

*For travel for training we count about 400km traveled each week, we had to rely on carpooling to be able to provide transport to all the training. Every month, we have to establish a tight schedule to know who is riding and when.*

*For competitions, mum is in charge of the stewardship and management of the youngest; bags; bicycles; meals.... while we are competing*

**A word to define the triathlon?**

*Triathlon is a commitment, a passion, a surpassing oneself.*

**A word to define the triathlete?**

*Lina is passionate, Eden a competitor*

**What place does triathlon occupy in the family (holidays for**



Lina, Monique & Eden Zepp

**training camps, finances, daily organisation...)**

*In the family, triathlon occupies a prominent place : 4 training sessions per week, competitions, training camp... Financially, of course, triathlon has a cost with all the equipment needed... But it's priceless to see them happy in their practice.*

**The good side(s) of having triathlete children?**

*The good thing about having triathlete children is that they devote most of their time outside of school to sport, to the discipline that comes with it, they take care of their mind and body.*

**Zepp Family**

# BOOST YOUR RECOVERY AND PERFORMANCE

*La récupération sportive de demain, disponible aujourd'hui !*

*Améliorez votre **récupération musculaire**,  
accélérez la **guérison des blessures**,  
et **boostez vos performances**  
grâce à l'**oxygénothérapie hyperbare**.*



**Idéal après un entraînement intense  
ou une compétition, une technologie avancée  
pour une récupération optimale.**



**RESPIRE**

CENTRE THÉRAPEUTIQUE  
RESPIRATOIRE À LUXEMBOURG

Partenaire officiel de la Fédération Luxembourgeoise de Triathlon



**23, rue Nicolas Ernest Barblé  
L-1210 Luxembourg**

(en face du CHL)



[www.respire.lu](http://www.respire.lu)

## ELITE TRIATHLETE

**How are you today? Have you recovered fully from the accident?**

*I'm feeling great again, and fortunately, I have no lingering symptoms from the accident.*

**Have you started training again?**

*Yes, I'm back in the pool, on the track, and the bike. Slowly but surely, my form and sensations are coming back.*

**Has the experience changed your outlook on life or triathlon?**

*Yes, my perspective on life has shifted significantly. I realized that our time on earth is limited—some people are lucky to live long lives, while others have much less time. I understood how quickly life can change. So now, I stick to my plans and don't let others' opinions deter me from what I want to do.*

**You are back in Luxembourg. Can you tell us a bit more about that decision?**

*I'm back in Luxembourg because I felt it was time to make some changes. I also wanted to live with Arthur (ndlr: her boyfriend), so it made sense to return.*

**What are your short- and medium-term goals in triathlon?**

*In the short term, my main goals are to get back into top shape and integrate into the army. In the medium term, I aim to reach a high level to be competitive in WTCS races. I want to qualify for the Olympics in LA, but my goal is to make an impact there—not just to qualify.*

**A word about the training group in Luxembourg?**

*I'm pleased with it. Athletes come and go, but there are always some people around to chat, train, and laugh with.*

**A word about Jeanne? Your relationship?**

*Jeanne and I get along well. I look up to her as an inspiring person—not only as one of the best athletes in the world at triathlon but more as a human being. She has faced her challenges with resilience, showing that if you believe in yourself and your abilities, you can achieve anything.*

**Eva DANIËLS**



## KID TRIATHLETE

**How old are you?**

*Noah: I am 9 years old.*

*Julie: I am 11 years old.*

**What made you start triathlon?**

*Noah: My coach Romain asked me at the Wämperlof in 2023*

*Julie: if I wanted to join CSN. I tried it right away, and I liked it immediately.*

*Noah: I participated in the "Wämperlof," where I discovered*

*Julie: that I wasn't so bad at running and that I enjoyed it*

**What do you like about this sport?**

*Noah: I like that triathlon combines different sports.*

*Julie: I like triathlon because it is a varied sport.*

**What is your favorite discipline? Why?**

*Noah: My favorite discipline is cycling because I'm strong on it.*

*Julie: I prefer running because it is the easiest to practice at home. I love running in the meadow or in the forest with my horse Pepita.*

**What do you appreciate about your club?**

*Noah: My club is CSN, and I really appreciate that we participate in various competitions. I've also made new friends there, and thanks to*

*Julie: the club, I've improved my swimming skills as well.*

*What I appreciate is that we all get along so well and that we have very friendly and dedicated coaches.*

**Do other family members do triathlon? Do you practice together?**

*Noah: No, my family members don't practice triathlon. I go running with my mom, and sometimes my brother and I ride our bikes while she runs.*

*Julie: My brother participates in training with me sometimes, and my little sister is now trying to do the same as me.*

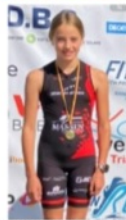
**Do you have an idol in triathlon? Who? Why?**

*Noah: I want to be as good as Nora Simon. She's strong in all disciplines, that's why she's the best.*

*Julie: Yes, Nora Simon, my teammate, is an idol for me because she is a bit older, and her performances motivate me to reach the same goals. And Liz May, because she was able to combine her studies with triathlon and participated in the Olympic Games.*



**Noah SCHMIT**  
CSN Clervaux  
Kids B



**Julie KREINS**  
CSN Clervaux  
Kids A

## TRIATHLETE AT SPORTLYCEE

Tim and Jan Steiner, twins at sportlycée

**Is triathlon a family affair in Steiner family? Or just you 2 are practicing?**

*"We came to triathlon through athletics. Our sister chose volleyball and running, and our parents played basketball, but not triathlon".*

**Why did you join the SportLycee?**

*"We opted for Sportlycée because it offers the best balance between academics and sports, allowing us to train more".*

**Is it an advantage to be 2 brother at the SL? I mean everytime together: at school, at training, at home...**

*"Academically, being at the same school was initially challenging as we were not used to spend so much time together. However, training together is more enjoyable."*

**Tell us more about your Relationship? competition between you?**

*"We admire each other's motivation and determination".*

**What are your goals with triathlon? short and long term?**

*"Improving swimming skills, qualifying for the Championnat de France finals, and participating in the Youth European Championships in coming years".*



Tim



Jan

## FLTRI LABELS

### LADIES FOR TRIATHLON

2 étoiles



### YOUTH FOR TRIATHLON

3 étoiles



2 étoiles



1 étoile



# ONE DAY WITH...

## Gilles & Claude BERG

**Is triathlon a family affair for the Bergs?**

**Claude:** As far as I'm concerned, I started triathlon in 2012 as a non-licensed, then I took one at the CAB in 2013. As triathlon fever took hold of me from the beginning, I already started at the IRONMAN ROTH in 2013 after only 1 year active in Triathlon.

Previously, I was an active gymnast for 25 years and at the same time I was also an active cyclist, especially specialized in the field of mountain biking where I was national champion in 1996 in the non-licensed category.

As for Gilles, I took him to the Ironman Kraichgau in Germany in May 2022 as a loyal supporter and very quickly he wanted to try the same thing as his father, it was the beginning of his triathlon career.

**What do you do for a living?**

**Claude:** I work in the Police Grand Ducal. From 2001 to 2020, I worked in the field as a team in Differdange, then I moved to the police academy

in 2020 as a trainer. In April 2024, I took up a position of responsibility at the Differdange police station.

**Gilles:** I am currently attending a 2nd GSO at the Lycée Belval.

**How is the organization between personal life and sporting life?**

**Claude:** As I have regular working hours again, it's easier for me to train, because I no longer have to travel since I also live in Differdange. The last four years were a bit more difficult, because I had to travel every day to Findel/Lux and the round trip by car already takes at least two hours because of the traffic, not to mention the stress.

However, I found a solution and I cycled to work almost every day even in the winter, which was 60 km round trip. I also sometimes ran home. You have to know how to organize yourself when the weather is scarce.

**Gilles:** My organization is very structured, I have a training plan that I try to follow more or less, but which sometimes varies a little depending on school days or race days at the

weekend.

**Is it easier when we all do triathlon as a family?**

**Claude:** Since we both do not only triathlon, but also running or duathlon, we can now go to races together.

Of course, family life also suffers because of the many competitions almost every weekend and so a big thank you to my spouse for accepting and putting up with this.

**Gilles:** Yes, it's good if you have someone who understands the sport, who can motivate you, advise you, share his experience...

**Why triathlon? Do you have a favourite discipline?**

**Claude:** Since I had already been cycling and running a lot since I was a teenager and therefore I like endurance sports, I decided to try triathlon in 2012. I still don't regret it today.

There is nothing better than the mixture of these three disciplines. My favorite discipline is definitely cycling, which I have been doing since the

beginning, followed by running and finally swimming.

I think that, like many of us, I am happy to get out of the water after the swim, because for me it is only then that the race starts.

**Gilles:** I discovered triathlon thanks to my father. I once accompanied him to an Ironman in Germany and I was so taken by the euphoria that I started it.

My favorite disciplines are cycling and running.

**What is your favorite workout? A session, a favorite series?**

**Claude:** My favorite workout is enjoying a day off when the weather is nice. So I go to Remerschen at the Baggerweiher, and I do my little training triathlon." The Moselle region is ideal for this. And if my son Gilles is also there, the day is perfect!

**Gilles:** I like to train in the same way in all three sports. But I especially like interval training in running and long bike rides.

**Is there a rivalry between the two of you? competition?**

**Claude:** No, there is no rivalry between us, because Gilles is competing in another age category and he is already far ahead from me in swimming and running. On the opposite, I'm happy and proud when Gilles takes a podium,

especially in the running races where he improves a lot.

**Gilles:** No, there isn't really, because I train more for speed for short distances and he trains for endurance for longer distances. My active preparation starts about 2 weeks before the race, where I organize the training according to the race.

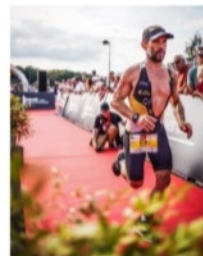
**How is your preparation going? Do you train together? Do you have a coach? The same?**

**Claude:** As far as training is concerned, I always trained according to my feelings and my mood, because it was difficult to train accordingly to a training plan because of the work. Training together is rather the exception, because Gilles has reached another level in terms of speed and I can't reach it anymore because of my age.

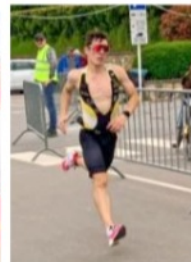
An exception is cycling and swimming training that we often do together. In this case, "the old" can still show the "young" how to be distanced. As far as swimming is concerned, Thierry KOHN trains us every Tuesday together with other triathletes from the CAB.

We swim together once a week and sometimes go on bike rides together, otherwise everyone trains

individually for their races and goals. Thierry Kohn gives us swimming training. I also have a coach, Rachid Habbaz, in the CAB running team where I devote myself solely to running.



Claude



Gilles



# ET & WT COMPETITIONS

## EUROPE TRIATHLON CHAMPIONSHIPS BALIKESIR

### ELITE MEN

18. Gregor PAYET

### U23 MEN

26. Lucas CAMBRESY  
52. Aurélien CARRE

### JUNIOR WOMEN

11. Linda KROMBACH  
36. Mara KROMBACH

### TEAM MIXED RELAY

6. David LANG - Lina KROMBACH - Théo MARTI - Mara KROMBACH

### JUNIOR MEN

12. David LANG  
40. Théo MARTI

*"It was already extraordinary to take part to my first World champs.. I still have a lot to learn, I'm the "youngest" in the team.*

*I was quite stressed... I made a few mistakes but I had a lot of fun representing Luxembourg at this level.*

*But most important, I discovered a team... partners... friends..."*

**Théo Marti**



## EUROPE TRIATHLON YOUTH FESTIVAL BANYOLES

### GIRLS

50. Eva KROMBACH  
61. Linda KROMBACH

### BOYS

29. Sebastian ZIEKMAN  
37. Tom HEYART  
61. Tim GOERGEN

### TEAM MIXED RELAY

15. Sebastian ZIEKMAN - Eva KROMBACH - Tim GOERGEN - Linda KROMBACH



*"My first FLTRI selection was a dream coming true for me when I was able to participate in the individual race. An important step for the path I want to continue in the future.*

*The unscheduled start in the relay following Sebastian's crash, made me very nervous wanting to put in a good performance for the team.*

*I want to thank everyone for giving me this chance to have a new experience."*

**Tim Goergen**



# WORLD TRIATHLON CHAMPIONSHIPS TORREMOLINOS

## ELITE WOMEN

6. Jeanne LEHAIR

## JUNIOR WOMEN

25. Linda KROMBACH

## ELITE MEN

36. Gregor PAYET

## U23 MEN

Lucas CAMBRESY

Aurélien CARRE

## JUNIOR MEN

4. David LANG

40. Théo MARTI

*I'm super happy with my result. I was hoping for a Top 10, finishing 4th and not far from the first, was incredible. The most positive thing is that i think i made a perfect race (good swim, good cycling, good transitions, good run)*

*Most important, the atmosphere in the group was very good, very positive. All good vibes turn into confidence, into motivation.*

*We had done the job with my coach and on site the exchanges with the elites like Gregor helped a lot to make a perfect race.*

**David Lang**



## WORLD TRIATHLON SERIES



*I'm happy with my 2024 WTCS season. It's the first time I've been able to be at the start of 3 rounds. My final ranking is correct.*

### **Gregor PAYET**

26. WTCS WEIHAI (CHI)

36. WTCS FINALS TORREMOLINOS (ESP)

38. FINAL OVERALL RANKING

### **Jeanne LEHAIR**

28. WTCS YOKOHAMA (JAP)

10. WTCS WEIHAI (CHI)

4. WTCS HAMBOURG (GER)

5. WTCS CAGLIARI (ITA)

6. WTCS FINALS TORREMOLINOS (ESP)

5. FINAL OVERALL RANKING

*Weihai went very well. I was able to show that I was good at cycling and running.*

*In Torremolinos for the grand final, I was ready. We worked well with my coach to improve my swim. But I had stomach problems from the start. It was an extraordinary week of races. The Luxembourg team with the young people and Jeanne is very close-knit.*

### **Gregor Payet**



## SUPER LEAGUE TRIATHLON

*The Super League is for sure a super fun organization. The members of my podium racing team are all friends outside of triathlon so it's a great atmosphere.*

*The crazy high level and the race formats allow you to totally practice a different type of triathlon. I really like it.*

### **Jeanne Lehair**

### **Jeanne LEHAIR**

1. BOSTON

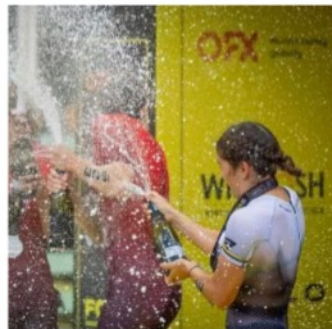
5. CHICAGO

3. LONDON

14. TOULOUSE

2. NEOM

5. FINAL OVERALL RANKING



# MIDDLE & LONG DISTANCE

## PRO SERIE

**Gregor PAYET**

3. Ironman 70.3 Zell am See



**Stefan Zachaüs**

4. Challenge 70.3 Walchsee

6. Challenge Roth



# WILWERT

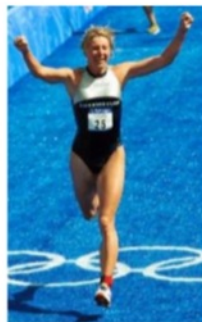
depuis 1952

MATÉRIAUX	WORKS	LOCATIONS
TRANSPORTS	ÉNERGIES	BÉTON

T. 59 50 42 • info@wilwert.lu • wilwert.lu • 4 rue d'Esch • L-4985 Sanem



# OLYMPIC GAMES - PARIS 2024



**Who better than Nancy Kemp Arendt to share her analysis of the Paris 2024 Games. Nancy finished 10th at the Sydney 2000 Olympic Games.**

**A word about the women's triathlon race at the Paris 2024 Olympics ?**

*"I followed her, live on television. It was very sad. I cried in front of my screen. Qualifying for the Olympic Games, preparing for them, wanting to put in a performance... It's so hard, so much work... I was devastated for her."*

**If you had to compare the Paris 2024 Olympics and the Sydney 2000 Olympics in which you shone by finishing 10th?**

*"An Olympic event is always of the highest level and exceptional density. In Sydney the difficulty was the fairly hilly bike course, but in Paris the swimming in the Seine with an infernal current was epic."*

**If you had any advice for Jeanne ahead of the LA 2028 Games?**

*"She needs to believe in herself. All sports combined, she is for the moment Luxembourg's best and only chance of an Olympic medal. She must go for it and not doubt. At least I believe in it."*



Jeanne was forced to quit the race due to mechanical issue on the bike course.

The Olympic champion is Cassandre Beaugrand from France



**LU<sub>EMBOURG</sub>**  
LET'S MAKE IT HAPPEN

## 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

## FLTRI MEMBERS



*schultroupe*  
**unio club hirondelle**



**KARIBU**  
SPORTS  
LESTER



# G-art

sublimation | broderie | flocage | impression

TRANSFORMEZ  
VOS **IDÉES** EN RÉALITÉS!

FanShop



+352 37 10 90

4 Letzebuurgerstrooss,  
5752 Frisange, Luxembourg

@ info@g-art.lu

www.g-art.lu

# ANNIVERSAIRE FLTRI

Exhibition for the 40 years of triathlon in Luxembourg in Luxembourg

Roundtable with former and current champions led by Nico Keiffer at the commercial centre La Belle Etoile



Olympic triathletes Liz May and Stefan Zachäus  
Officials Michel Knepper and René Lieners

... In a lively discussion on the topic of "retrospective and prospects".

**Pension Plan** DIR 84/LUR 7  
Parce qu'il n'est jamais trop tôt pour préparer sa retraite.

Constituez un capital pour votre retraite  
et profitez de déductions fiscales dès maintenant.

[baloise.lu/pension](http://baloise.lu/pension)

Aussi pour les travailleurs frontaliers\*  
\*selon conditions



\*voir conditions de déduction 2017  
L'assureur: Baloise Luxembourg SA

**baloise**

# TALENT DAY



Talent day 2024 at the Campus Geeseknaepchen

72 young talents between 8 and 19yo

Swim, bike and run... Testing and Fun...





LUXEMBOURG  
TRIATHLON



12345678910