

# AROO: Zell am See-Kaprun turned into a Spartan hotspot again

**The largest obstacle race series in the world, the Spartan Race, took place for the second time as winter edition in Zell am See-Kaprun on 11 and 12 January 2020. The only winter Spartan Race in the entire German-speaking area attracted 4,000 competitors from 33 nations, who brought the Spartan lifestyle back to the region.**

Zell am See-Kaprun, 13 January 2020: In addition to participants from various European countries, athletes from the United Arab Emirates, Kuwait, Japan and Russia also travelled the long distance to start in the Winter Spartan Race in Zell am See-Kaprun. The enthusiasm sparked off by the winter race is also reflected in the record number of participants: the second edition saw an increase of over 1,000 registrations this year.

### **Kaprun as Spartan hotspot**

The Winter Spartan Race was fought in four disciplines: Spartan Sprint, Spartan Super, Hurricane Heat and Hurricane Heat HH12HR. In Spartan Sprint, the runners had to overcome 21 obstacles on five kilometres around Kaprun. In Spartan Super, the Spartans faced the challenge of up to 27 obstacles across more than ten kilometres. The Hurricane Heat disciplines were particularly demanding, starting at 4:00am on Saturday, leading over an unknown distance and lasting at least four or twelve hours. Solution-oriented, physically and psychologically demanding tasks were mastered by teams as well as individuals. Nearly one hundred young Spartans between the ages of four and 15 participated in the Spartan Kids.

Finally, at the official party "Kaprun meets Sparta", the presentation ceremony was held in Kaprun Castle and celebrated with Spartans and fans in an exuberant atmosphere.

Birthday home win Petra Eitzinger was able to fulfil her biggest birthday wish at the Spartan Super. She stayed clear of mistakes in the javelin throw and finished as winner at 1:35:19. Behind Eitzinger, Zuzana Kocumova from the Czech Republic, who gave birth to her daughter only three months ago, secured second place (1:38:24). Third was Nicki Johnson from the USA (1:41:53). The first place in the men's race went to Manuel Moriconi from Italy, who finished the more than 10 km course and 27 obstacles in 1:11:43. Second place went to last year's winner from Germany Lucas Kempe (1:12:11), third was Jérémie Gachet from France (1:12:24).

In the shorter sprint discipline on Sunday, Manuel Moriconi was again able to prove his strength and won by accomplishing the sprint in just 00:38:35. Frenchman Jérémie Gachet took silver (00:38:44) ahead of Peter Ceniga (00:39:39). The first place in the women's race went to Zuzana Kocumova (00:52:10), ahead of the Germans Katharina Blank (00:54:28) and Lena Weller (00:57:39).

# Press release

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## **4,000 starters from 33 nations**

"We are very happy that after the successful premiere in 2019 we were able to hold another Winter Spartan Race in Zell am See-Kaprun, the only one in the entire German-speaking area. More than 4,000 starters from 33 nations fought bravely on the world's largest obstacle course. It is very pleasing that the number of participants has risen sharply compared to last year. With this event, we can generate over 5,000 overnight stays in the off-season", summarises **Renate Ecker, director of tourism**. "The Winter Spartan Race Zell am See-Kaprun is one of the largest sporting events in Salzburg and underlines the well-known name of our region as a great host of top sporting events also in winter."

**Organiser Helge Lorenz** was also satisfied with the results: "The feedback after the premiere of the Winter Spartan 2019 was phenomenal. The increase in the number of participants of more than 1,000 athletes compared to last year underlines the wonderful ambience in Zell am See-Kaprun and the great work of the on-site team with hundreds of volunteers. Now in its second year, the winter Spartan Race Zell am See-Kaprun has already established itself as a real bucket-list race for all Spartans. A big thank you to the tireless helpers who made one of the best Spartan Races possible for the athletes. We are already looking forward to the coming year, when an Aroo, Aroo, Aroo rings out again on 16 and 17 January!"

Registration for the Winter Spartan Zell am See-Kaprun 2021 on 16<sup>th</sup> and 17<sup>th</sup> of January opened on Monday, 13 January 2020, and the fastest Spartans will benefit from an attractive Early Bird rate.

Further information about the Zell am See-Kaprun tourist region at [www.zellamsee-kaprun.com](http://www.zellamsee-kaprun.com).

Further information about the Winter Spartan Race at <https://www.zellamsee-kaprun.com/de/events/spartan-race>

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## **About Zell am See-Kaprun**

Glaciers, mountains and lake – the all-year round destination of Zell am See-Kaprun in Austria brings together the diversity of the Alps. In the unique natural paradise at the edge of the Hohe Tauern National Park, sports enthusiasts, active holidaymakers, families and those seeking relaxation will discover a wide range of experiences in summer and in winter. These include the "Gipfelwelt 3,000" in 3,029 metres on the Kitzsteinhorn - the only glacier ski resort in Salzburger Land, the Maiskogel family region, the panorama and family mountain Schmittenhöhe, Lake Zell and the multi-award winning 36-hole golf course. In winter is Zell am See-Kaprun one of Austria's most attractive winter sports regions. Thanks to the Ski ALPIN CARD ticket network, snow enthusiasts can conquer a total of 408 kilometres of ski slopes including the glacier. Tradition and authenticity are reflected in the events and culinary specialties of the region. First-class sports events like IRONMAN 70.3 and Grossglockner Ultra Trail attract sports enthusiasts to the spectacular mountain world.

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## **About Spartan Race:**

Spartan Race is the world's largest obstacle race and endurance sports brand. Spartan Race is the industry's leading provider of global rankings. With over 200 events in more than 35 countries, Spartan Race will welcome more than one million participants from around the world in 2018 in open heats for all levels, age groups and elite heats. The Spartan Race lifestyle is lived by a community of more than five million passionate social media followers who are very interested in health and wellness products, training and nutrition programmes. The successful NBC TV show has made obstacle course racing (OCR) one of the fastest growing sports in the world.