

# ELMAR SPRINK

MULTISPORT WITH DONOR HEART



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*At the 12th of July 2010, one week, after Elmar Sprink quit his 7<sup>th</sup> long distance triathlon at the Ironman in Klagenfurt, he is watching the 8<sup>th</sup> stage at the Tour de France at home. On that day his wife Karin came back home earlier, because an appointment was cancelled. While she was sitting in the next room to the living room, she asked Elmar something, getting no answer. And she knew that there is something wrong...*

It's a long journey from not knowing what happened with the heart on that day, 7 months in a hospital bed on machines, waiting for a donor heart and finishing 2 years later the Ironman WC in Hawaii.

## CURRICULUM VITAE

Birthdate: 26.12.1971 in Salzkotten

Nationality: German

Sport: Triathlon, Trailrunning, Cycling (MTB & Road), Surfing, Mountaineering, Snowboarding, Skiing

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## MULTISPORT WITH DONOR HEART

### CURRICULUM VITAE 2.0

- Birthdate:** 09.06.2012 in Bad Oeyenhausen
- History of health:** 12.07.2010 – Cardiac arrest  
in 2011 – Rehab and staying in 10 different hospitals  
28.12.2011 – HDZ in Bad Oeyenhausen  
28.02.2012 – Installation of 2 heart pumps (VAD & ECMO)  
09.06.2012 – Hearttransplant  
11.07.2012 – Leaving the HDZ in Bad Oeyenhausen
- Rehab:** July 2012 – First attempts to walk again after 6 months of bed rest  
September 2012 – Ergometer and bike training  
December 2012 – Snowboarding in Austria  
January 2013 – First time jogging again
- Sportevents:** Since the transplantation Elmar finished over 150 endurance races  
10 x Ironman & 21 x Ironman 70.3  
Here some highlights:  
**2014** Ironman Germany in Frankfurt, Ironman WC Hawaii  
**2015** Ironman Germany in Frankfurt  
**2016** Transalpine Run (248km Trailrun)  
**2017** Cape Epic (691km MTB stage race), World Champion Triathlon at the World Transplant Games, Zugspitz Ultratrail (84km Trailrun), BIKE Transalp (544km MTB stage race), Ötztaler bike marathon (238km and 5500 meters of climbing)  
**2018** Ironman Austria in Klagenfurt  
**2019** Challenge Roth, World Champ Triathlon at the World Transplant Games, Ironman 70.3 WC in Nice, Ironman Florida  
**2020** Swiss Epic (MTB stage race)  
**2021** Ironman Germany in Frankfurt, Ironman Portugal in Cascais  
**2022** Cape Epic (the Tour de France of MTB sport), Ironman Canada in Penticton, Spaghetti Tour Mountaineering (11x4000 meter peaks in 5 days, Wallis), Ironman 70.3 WC in St. George  
**2023** Ironman 70.3 Geelong (Quali 70.3WC), 4xmedals at the World Transplant Games, Busselton 100, 70.3 WC Lathi (27.8.)  
Ironman WC Nice (10.9)

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**Targets in life:** Staying fit & healthy through sport

Keynote Speaker: Motivation, changes, reaching targets, etc.

**More information under:** <http://www.elmarsprink.de>

