Ole Einar Bjoerndalen & Darya Domracheva
Biathlon’s golden couple in charge of China project

Ingrid Landmark Tandrevold
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It has all started, again, with JT Boe’s sprint win at the season opening in Oestersund, Sweden. He remarked that the field around him feels much tighter than it did the season before, but he nevertheless went on to win the sprint and the pursuit in Hochfilzen and the pursuit in Annecy-Le Grand Bornand. His most remarkable loop, though, came in the last leg of the men’s relay in Hochfilzen, where he started 43 seconds behind Benedikt Doll and got the better of the fighting German in the last meters, clearly enjoying a feat even he wasn’t sure could be done. Behind JT, his brother Tarjei kept finishing on the podium, or in the worst cases, in the flowers, indicating he will attack for his second Total Score title when JT goes on voluntary paternal leave in January 2020. Ingrid Landmark Tandrevold was doing pretty much the same as Tarjei, collecting BMW IBU World Cup points in second to sixth place in most of the competitions, happily rejoicing with her best friend Tiril Eckhoff, who suddenly found a winning form in the Hochfilzen pursuit and then went on to win the sprint, the pursuit and the mass start in Annecy-Le Grand Bornand as well. The Norwegian men’s and women’s relay teams won all their competitions except the mixed (Italy) and single mixed (Sweden). Despite a very promising start and his win in the individual in Oestersund, Martin Fourcade could not (yet) strike back.

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INGRID TANDREVOLD (NOR)

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**PREVIEW EVENTS JANUARY 2020**

### BMW IBU WORLD CUP BIATHLON 4
**OBERHOF GER**
09.01. - 12.01.2020

- **Thursday**
  - 09.01.2020 14:30: SPRINT WOMEN
- **Friday**
  - 10.01.2020 14:30: SPRINT MEN
- **Saturday**
  - 11.01.2020 12:00:
    - RELAY WOMEN
  - 14:15:
    - RELAY MEN
- **Sunday**
  - 12.01.2020 12:45:
    - MASS START WOMEN
  - 14:30:
    - MASS START MEN

**Technical Delegate**
Jaana PITKÄNEN - FIN

**IBU Referees**
- Robert ZWahlen - SUI
- Wolfgang WÖRGÖTTER - AUT
- Vladimir BRAGIN - RUS
- Rado SIMOCKO - SVK

**Prize Money**
472,000,00 €

### BMW IBU WORLD CUP BIATHLON 5
**RUHPOLDING GER**
14.01. - 19.01.2020

- **Wednesday**
  - 15.01.2020 14:30: SPRINT WOMEN
- **Thursday**
  - 16.01.2020 14:30: SPRINT MEN
- **Friday**
  - 17.01.2020 14:30: RELAY WOMEN
- **Saturday**
  - 18.01.2020 14:15: RELAY MEN
- **Sunday**
  - 19.01.2020 12:15: PURSUIT WOMEN
  - 14:30: PURSUIT MEN

**Technical Delegate**
Hans Peter OLSEN - NOR

**IBU Referees**
- Robert ZWahlen - SUI
- Matt SABASTEANSKI - USA
- Ulrika ÖBERG - SWE
- Rado SIMOCKO - SVK

**Prize Money**
472,000,00 €

### BMW IBU WORLD CUP BIATHLON 6
**POKLJUKA SLO**
22.01. - 26.01.2020

- **Thursday**
  - 23.01.2020 14:15: INDIVIDUAL MEN
- **Friday**
  - 24.01.2020 14:15: INDIVIDUAL WOMEN
- **Saturday**
  - 25.01.2020 13:15:
    - SINGLE MIXED RELAY
  - 15:00:
    - MIXED RELAY
- **Sunday**
  - 26.01.2020 12:15:
    - MASS START MEN
  - 15:00:
    - MASS START WOMEN

**Technical Delegate**
Franz BERGER - AUT

**IBU Referees**
- Robert ZWahlen - SUI
- Ulrich WALDER - ITA
- Ivan MELIKHOV - RUS
- Rado SIMOCKO - SVK

**Prize Money**
432,000,00 €

### IBU YOUTH/JUNIOR WORLD CHAMPIONSHIPS BIATHLON 2020
**LENZERHEIDE SUI**
25.01. - 02.02.2020

- **Sunday**
  - 26.01.2020 11:00:
    - INDIVIDUAL YOUTH MEN
    - INDIVIDUAL YOUTH WOMEN
  - 14:00:
    - INDIVIDUAL JUNIOR MEN
    - INDIVIDUAL JUNIOR WOMEN
- **Monday**
  - 27.01.2020 11:00:
    - RELAY YOUTH MEN
    - RELAY YOUTH WOMEN
  - 14:00:
    - RELAY JUNIOR MEN
    - RELAY JUNIOR WOMEN
- **Tuesday**
  - 28.01.2020 11:00:
    - PURSUIT YOUTH MEN
    - PURSUIT YOUTH WOMEN
  - 14:00:
    - PURSUIT JUNIOR MEN
    - PURSUIT JUNIOR WOMEN

**Thursday**
- 23.01.2020 14:15: INDIVIDUAL YOUTH MEN
- 14:00: INDIVIDUAL JUNIOR MEN

**Friday**
- 31.01.2020 11:00:
  - INDIVIDUAL YOUTH MEN
  - 14:00: INDIVIDUAL JUNIOR MEN

**Saturday**
- 01.02.2020 11:00:
  - RELAY YOUTH MEN
  - 14:00: RELAY JUNIOR MEN
- 12:00:
  - SPRINT YOUTH MEN
  - 14:15: SPRINT JUNIOR MEN
- 15:20:
  - INDIVIDUAL YOUTH Men
  - 15:20: INDIVIDUAL JUNIOR Men

**Technical Delegate**
Ville HAAPALA - FIN

**IBU Referees**
- Tomasz BERNAT - POL
- Hans Peter KREPPER - AUT
- Manuel VOLGGER - ITA
- Knut AM - NOR
For 2020, our fastest glide wax series has a wider range of waxes than ever. The HF sprays that debuted in our “Racing Service” collection, are now a part of our standard range in larger and more economical 150 ml packaging. Advanced liquid wax technology has also allowed us to broaden the HF wax series with the new HF41 "UHW". The spray versions are very durable and also the most wax-containing liquid HF waxes on the market, and they do not need hot waxing to support their durability. The spray version also fills small imperfections in base material like hot wax, reconditions and replenishes.
**DANIEL BÖHM JOINS IBU SPORTS DEPARTMENT**

Former world class biathlete Daniel Böhm of Germany started working for the IBU Administration from 1 January 2020. The former World Champion and Olympic Medallist took on the role of a Sports Manager in the IBU Sports Department.

Böhm joins IBU from Dinzler, a renowned German coffee roaster, where he headed the sales department, after having finished his professional biathlon career in December 2016. Since then Böhm has served as the Athletes’ representative in the IBU Technical Committee, a position from which he steps down with immediate effect. A replacement for Böhm in this position will be announced in due course by the Athletes Committee.

Böhm will mainly support the IBU Sports Director and focus on the improvement of the sport administrative procedures and to serve as strong link to the athletes and teams across all three IBU event series.

**DAGMARA GERASIMUK NAMED IBU DEVELOPMENT DIRECTOR**

The IBU announces that Dr Dagmara Gerasimuk will take over the recently established position as IBU Development Director overseeing the establishment of the new IBU Development Department from 1 March 2020. Gerasimuk, who holds a PhD in sports sciences, will lead IBU’s sports development activities, provide leadership for the IBU Academy, gender equality and be in charge of IBU’s sustainability policies.

Gerasimuk joins the IBU from The Academy of Physical Education in Katowice where she works as a lecturer for the sports training department. The forty-year-old Polish native is heading the Polish Biathlon Federation since 2014 and is a member of the IBU Executive Board since September 2018. She will resign from both positions when she starts her new role. Her successor as IBU Executive Board Member will be elected at the IBU Congress in Prague in September 2020.

**NIKLAS CARLSSON, IBU SECRETARY-GENERAL** “We are delighted to welcome Dagmara in the IBU management team. Her professional background as a scientist and researcher will be a huge asset in establishing the Biathlon Academy. Dagmara’s passion for biathlon and her experience from different roles within the biathlon family will make her a most valuable addition to the IBU headquarter and to our national federations. The new position and department are crucial for the successful implementation of our new Strategic Plan Target 26.”
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JOHANNES THINGNES BOE NOR

BMW IBU WORLD CUP POINTS 374
POINTS PER COMPETITION 53.4

BMW IBU WORLD CUP PODIUMS
1. SPRINT ÖSTERSUND
1. SPRINT HOCHFILZEN
1. PURSUIT HOCHFILZEN
1. PURSUIT ANNECY LGB
1. MASS START ANNECY LGB

STATISTICS - TRIMESTER 1
SHOOTING 89% (prone 90% / standing 89%)
SKIING -5%
SHOOTING 20/20 Pursuit Hochfilzen

AFTER TRIMESTER 1

Data provided by SIWIDATA

THE GRAND STAGE  MASTERING THE CYCLE I TRIMESTER 1

10  BIATHLON WORLD  53 I 2020
DOROTHEA WIERER

BMW IBU WORLD CUP POINTS
304

POINTS PER COMPETITION
43.4

BMW IBU WORLD CUP PODIUMS
1. SPRINT ÖSTERSUND
1. SPRINT HOCHFILZEN
2. MASS START ANNECY LGB

STATISTICS - TRIMESTER 1
SHOOTING 87% (prone 87% / standing 87%)
SKIING - 4%

AFTER TRIMESTER 1

1. DOROTHEA WIERER ITA

Data provided by SIMIDATA.

Christian Manzoni
Evgeny Tumashov

MASTERING THE CYCLE I TRIMESTER 1 THE GRAND STAGE
AFTER TRIMESTER 1

2 TARJEI BOE NOR

BMW IBU WORLD CUP POINTS 313
POINTS PER COMPETITION 44.7

BMW IBU WORLD CUP PODIUMS
2. SPRINT ÖSTERSUND
2. SPRINT ANNECY LGB
3. MASS START ANNECY LGB

STATISTICS - TRIMESTER 1
SHOOTING 90% (prone 95% / standing 84%)
SKIING - 4%
SHOOTING 10/10 Sprint Annecy LGB

Data provided by SIWIDATA

Christian Manzoni

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BMW IBU WORLD CUP POINTS 287
POINTS PER COMPETITION 41

BMW IBU WORLD CUP PODIUMS
1. PURSUIT HOCHFILZEN
1. SPRINT ANNECY LGB
1. PURSUIT ANNECY LGB
1. MASS START ANNECY LGB

STATISTICS - TRIMESTER 1
SHOOTING 83% (prone 89% / standing 77%)
SKIING - 6%
SHOOTING 20/20 Pursuit Hochfilzen

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AFTER TRIMESTER 1

3 QUENTIN FILLON MAILLET FRA

BMW IBU WORLD CUP POINTS 281
POINTS PER COMPETITION 40.1

BMW IBU WORLD CUP PODIUMS
2. PURSUIT ANNECY LGB
3. INDIVIDUAL ÖSTERSUND
3. SPRINT ANNECY LGB

STATISTICS - TRIMESTER 1
SHOOTING 87% (prone 85% / standing 90%)
SKIING - 4%
SHOOTING 20/20 Pursuit Annecy LGB
SHOOTING 10/10 Sprint Annecy LGB

AFTER TRIMESTER 1

3 INGRID LANDMARK TANDREVOLD NOR

BMW IBU WORLD CUP POINTS 282
POINTS PER COMPETITION 40.3

BMW IBU WORLD CUP PODIUMS
2. SPRINT HOCHFILZEN
2. PURSUIT ANNECY LGB
3. PURSUIT HOCHFILZEN

STATISTICS - TRIMESTER 1
SHOOTING 83% (prone 89% / standing 78%)
SKIING - 4%
SHOOTING 10/10 Sprint Hochfilzen
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She calls herself lucky and dreams about the Olympics as a winter wonderland, but Ingrid Landmark Tandrevold from Norway isn’t afraid to talk about tough things, openly presents her point of view and has a few bright ideas outside of sports.

**BIATHLONWORLD** What makes every story even more fascinating is its inception. What kind of path brought you to biathlon?

**INGRID LANDMARK TANDEVOLD** Both of my parents are very active, and in my childhood, we were always outside a lot. I have two older brothers and they did biathlon, orienteering and cross-country skiing. As their little sister, I always wanted to do the same. As for biathlon, the difficult thing in Norway, compared to some European countries where the young athletes do laser shooting, is that in our coun-

**FIRST IMPRESSIONS CAN BE WRONG:**

LAUGHING AND HAVING FUN ALL THE TIME DOESN’T MAKE HER LESS SERIOUS ABOUT DOING HER JOB AND WORKING ON HER GOAL TO BECOME THE BEST BIATHLETE IN THE WORLD.
try we start with the real shooting even when we are twelve years old. Therefore, there are a lot of security procedures at the trainings and at a young age we are very dependent on our parents, who are required to be at the trainings to help. So, when my brothers did biathlon, my mother had to come to the training, and she always took me with her because I was too young to be home alone. Like that, I attended every biathlon training since I was a child, and while building a snowman, I was watching my brothers doing biathlon. It looked fun to me, so I wanted to try it myself.

**BW** Your first coach, Hans Anton, is a brother of Ole Einar Bjoerndalen. How did he influence your development as an athlete?

**ILT** Hans Anton was my coach at school and I was really lucky with him because of his personality, which is quite the opposite of mine. He’s patient when I’m very impatient, he’s a thinker and I’m a talker. He challenged me and tried to encourage me to think outside the frame or at least to think twice. One thing I liked the best about his coaching philosophy was that he never said, “you should do this, and this is your training plan.” He wanted me to make my own plan and then we would talk about it together. I prefer that way instead of just getting a paper with the training plan. Otherwise eventually you will have some struggles because if you didn’t know why you have done something, it would be much harder to find the right path to continue. So, like that, I learned to understand myself and I got to know what works well for me in training.

**BW** Was it special in any way to train with a member of the legendary Bjoerndalen family?

**ILT** I didn’t think at all about it. Hans Anton is the younger brother of Ole Einar, but I didn’t meet Ole because of Hans. At the time I started with biathlon, Ole Einar was still active, and it was hard to find him at home in Norway. I guess other people thought more about the name, but I know Hans Anton well as a person and I always thought about him just as my coach.

**BW** Does he still give you any private consultations?

**ILT** He’s not my coach anymore, but he knows me really well because we have been working together since I was 15 years old. He could always read me as an open book. When I came to the trainings, he could easily see my mood and if I was fit for training or not. He still knows me well and I can call him whenever I want, but he’s not my main coach anymore.

**BW** Your international debut took place at the Junior World Championships in Rau-bichi in 2015. Then at the age of 19, you won the individual race at the National Championships, and one season later, you took part at the European Championships, which brought you to the World Cup a few weeks later without ever starting at the IBU Cup. How would you describe the experience of taking those big steps so quickly?

**ILT** I always wanted to go outside of Norway and compete internationally, but I didn’t have the opportunity because I was still young. Some countries send their young athletes to international competitions, so they get the experience really fast. But in Norway we do it differently, so I didn’t have the chance before the European Championship. At that point, it was really fun to compete, being in the position where you have nothing to lose, so it was a really nice and positive experience for me. But it’s true that I haven’t ever competed at the IBU Cup, which might be a bit weird, but I simply didn’t have a chance. The first season when I came to the A-team, I had some struggles, and then I was sent to the World Cup where I had probably nothing to do because I wasn’t in my best shape. For me, it was a very big step from nothing to the World Cup. I think I might have gotten some positive experience competing at the IBU Cup and not just being dropped at the World Cup when I was still young and my results were poor. That only made me feel bad. I think it could have been good for me if I had done all the steps before the World Cup.
“I think I might have gotten some positive experience competing at the IBU Cup and not just being dropped at the World Cup”

BW Last season, you made your first podium by getting a silver medal in the mass start in Ruhpolding. Is that your biggest victory so far or do you have any other memory that is more valuable to you at the moment?

ILT The Junior World Championships in Minsk is very memorable for me because everything was new to me back then. Getting a medal at the IBU World Championships in Oestersund was also a big achievement for me, but I think the second place in the mass start at the BMW IBU World Cup in Ruhpolding was more fun, because at that time I was in the position where no one expected much from me, and then I made it to the podium. That was the coolest result, also because I hit twenty targets and it felt like a double success.

BW What is your favourite type of competition?

ILT I like the mass start very much because it’s fun to go in a group with the other athletes. So, I think it’s my favorite competition together with the relay. But I’ve never really liked pursuit because I don’t feel too strong in the final sprint. And my favourite venue is Ruhpolding because I did one of my best races there, but also because there are many people around. I think it’s the coolest venue because you’re so close to the audience. In Ruhpolding, we stay in a really nice place with our own chef. So, it’s a really nice atmosphere for the whole team. Moreover, my parents always come to Ruhpolding to watch me racing.

TOUGH OLYMPICS AND THE BIGGEST DREAM

BW How did you experience the Olympic Winter Games?

ILT The Olympics were really tough for me because I wasn’t well prepared mentally for that kind of competition. There were not so many spectators, and everything was so serious. But I was still very young and not prepared for what I was challenged with. Of course, I wanted to do well at the Olympics, but there were a lot of tough wind conditions that I had never experienced before, and the races went really badly for me. I always imagined the Olympics to be like the big event that we have seen in the pictures from Lillihammer 1994 with all the cheering crowds. Everything is covered with snow and everyone is having a good time—there is a lot of positive energy around. But in PyeongChang, there were no spectators and there was a really sad atmosphere. So, there was no chance to drop the heavy feeling down from my shoulders, no possibility to laugh or have at least a bit of fun. When I got penalty loops in the relay, I received some really mean messages on my phone from people I didn’t know. I’ve never experienced that before, so it was really tough for me in the beginning of my twenties. Half a year later, I realized that I had some really tough months after the Olympics: my body didn’t work so well, and I struggled a lot. I think it was due to a psychological reason after all I experienced in PyeongChang.

“When I got penalty loops in the relay at the Olympics, I received some really mean messages on my phone from people I didn’t know. I’ve never experienced that before, so it was really tough for me in the beginning of my twenties”

BW I guess you grew up a lot after such a tough experience.

ILT Yeah, I think so too, both as an athlete and as a person. I’ve worked really hard with my mental coach to start believing in myself again. For example, if you shoot clean, you think it’s easy, but when you make the smallest mistake, you think it’s really hard. I’ve always been a good shooter in training, but then I could never make it at the competitions. Then you think that you’re a bad shooter and you hear that from the others,
so suddenly you identify yourself as a bad shooter. Biathlon is so much in your head. Therefore, I’ve learned that you just have to believe in yourself.

**BW** What motivates you to keep going in those low moments?

**ILT** I have always dreamed of competing in sports. So, in those tough moments it helps to think that I am living out my dream and also about how lucky I am to have the health and the opportunity to do sports. Sometimes you think that the grass is greener on the other side. But in 99 cases I feel very lucky, and I rarely have moments when I think that I should have done something else.

**BW** Did you ever regret your choice or feel unsure about it?

**ILT** I was a really bad shooter when I was younger, so I thought that cross-country skiing was a lot more fun than biathlon because I didn’t hit the targets and my results were low for quite a long time. But eventually I hit the targets and I don’t regret that I chose biathlon. I think it’s a much more complex and much more interesting sport than, in my case, cross-country skiing. Despite this, such a way of living is very different from a normal life. Sometimes I think about my friends who study at university and are actually about to finish soon. They are grown-ups, and I feel that I’m at the same place in my life where I was three years ago. It’s a strange feeling when it comes to thoughts about life, but in most cases I feel very lucky that my job is to do what I love the most.

**BW** As you think about your friends studying, would you like to continue your education at some point?

**ILT** Yes, I really want to go to university and study. Before, I considered doing it at the same time as I do biathlon. But I want to do things one hundred percent, and now I feel that I’m not the best biathlete in the world and I really want to become the one. But I don’t think I can be the best in biathlon if I do something else at the same time. The level in biathlon is so high that you have to do it one hundred percent, twenty-four hours a day; your life right now has to be all about becoming the best biathlete in the world. If one day I find myself at the top, it would be the time to think about studies again. But I think it’s impossible to do something else right now while I’m trying to catch opponents who are better than me. So, I really want to study, but for now I’m only doing biathlon.

**BW** Can we say that your biggest dream is to become the best biathlete?

**ILT** Yes. I really want to win a total score in biathlon once. I think that if you win the to-
tal score, you have shown that you are on a high level each weekend, the whole season, every competition. And I think that’s one of the hardest things you can do, to be consistent the whole season long. That makes you a complete biathlete.

**BW** What kinds of personal qualities and features will help you reach your goal and become the best biathlete?

**ILT** I always say that I need to feel happiness inside myself and I need to have fun to show my best results. I think when some people see me, they think that I’m not so serious because I talk a lot and I laugh a lot. But I’m very serious about what I do. On the other hand, I believe that I need to have a good laugh to become a good biathlete. The most important thing for me in that case is to keep the balance between what defines me as a person and what defines me as a biathlete. If I defined myself based on my sport results—either I’m a good person or a bad one according to my results in biathlon—that would have been very hard. But if I know that I’m the same myself, whether I do good or bad, that’s going to keep me in balance to be the best I can be.

“I think when some people see me, they think that I’m not so serious because I talk a lot and I laugh a lot. But I’m very serious about what I do”

**BW** Is the Big Crystal Globe more valuable to you than the Olympic gold medal?

**ILT** Well, if I could get both, that would be the best. At the moment, I don’t have the best experience with the Olympics, but I really want to change that.

**BW** Since we talked about big events such as the Olympic Winter Games, what does the phrase “fair play” mean to you, and have you ever experienced fair play?

**ILT** It’s really important that everyone comes to the start having the same opportunity to show good results. Doping in that case is the most unfair thing in the world. But I believe in fair play in sports. In Hochfilzen, Thekla Brun-Lie from our team played really fair: when the other girl shot her last target by mistake while Thekla hit only four, she went for a penalty loop even though all her five targets were somehow closed. Maybe I’m just being naive, but I really do think that in biathlon, it feels like a biathlon family and that everyone plays fair. Among the girls, I think I’m the worst on the track. Last year in Holmenkollen, I heard that one team had said that I was skiing too close to the others. But it’s a competition, so everything was fair.

“Maybe I’m just being naive, but I really do think that in biathlon, it feels like a biathlon family and that everyone plays fair”

**A GIRL WITH A SILVER SPOON IN HER MOUTH**

**BW** Could you say that as a Norwegian, you have an active position in life?

**ILT** Yes. I think in Norway, men and women are really equal. So, it’s not like the man is at work and the woman is at home. You even
spend almost the same amount of time with your children as a father or a mother. In Norway, we have the opportunity to be very active in any field we are interested in, which is just normal for me. So, I think we’re really lucky to come from Norway, where we are born with a silver spoon in our mouth. This Norwegian saying is used to emphasize that someone was born really lucky.

BW If it were possible to choose the place of your birth, if not Norway, where would you like to have been born?

ILT Maybe France. My grandmother is from France and I love the language.

BW And your great-grandfather comes from Russia. What kind of story is behind that?

ILT Yes, he came from Krasnoyarsk and then during the war, he got a special passport which was invented for the people who left the country during the Second World War.

He came to Paris and met my great-grandmother, who was from Norway. Then they had a child who was my grandmother, who was already French. So, I have some family from France, and way back, from Siberia as well. The first time I was in Khanty-Mansiysk, I felt almost at home in some kind of way, but the place is actually around 30 hours of driving from my place in Norway.

BW What do you like to do when you’re not playing sports?

ILT I’ve always been interested in the human body and how it works. Years ago, I wanted to become a doctor, but then I realized that I don’t really like blood. But still, I’m really interested in how our food could work as medicine, how you can treat people with the right food, how you can eat healthy to stay healthy and how the body reacts to different kinds of food. I really like cooking and reading about what is good to eat to perform well. Nowadays there’s a lot of obesity in the world, and more and more in Norway as well. So, I’d like to work with nutrition because I really believe that you can cure a lot of illnesses with the right food, and not only medicine. Although you need medicine too, it’s not only about taking some pills to make your body work. You have to find the root cause, and I think that many people could find that in food.

“...I want to work with nutrition because I really believe that you can cure a lot of illnesses with the right food, and not only medicine”

BW Is there a person who inspires you and whom you wish to meet once?

ILT I would like to meet the founder of yoga, someone from back then when they had a simpler way of life. I’m fond of yoga, medita-
It's fascinating how stress affects your body. This subject is getting more and more attention nowadays when you always have your phone, you constantly get new impressions and information. So, I would like to meet someone who was one of the first people doing meditation and yoga to learn more about their minds and thoughts, to go deeper into learning myself from some really smart guy.

BW So, would you say you’re digital or not? Would you take, say, half a year without the internet or half a year without biathlon?

ILT I have a YouTube channel where I put some short movies from time to time and I also have Instagram. So, I’m really digital, but that’s not the point. I think that the best thing for me would be half a year without the internet.

BW But with the internet, you’re pretty active on social media. What kind of podcast do you make with Tiril?

ILT Cross-country skiing is a lot bigger in Norway than biathlon. And our athletes always win there, so of course, the media and the people in Norway always expect us to win too, because they don’t recognize the differences. In Norway, you only see the race on TV, and then there are some small interviews where either you’re crying because it was bad or you’re happy because it went well. For the media in Norway, it’s either black or white, it’s nothing in between. So, Tiril and I wanted to make a podcast to show more what’s behind the results, what we do and how we work.

BW So, what is behind your results?

ILT The life of a biathlete is very different from a typical workday. We want to tell people more about our work and our thoughts. People in Norway are really interested in training: there are both kids who do sports and grownups who compete in long-distance competitions like the marathon Vasaloppet. In our podcast, we tell stories to give the whole perspective of our work and also to talk about some tough things. For example, we had some episodes about sports and eating disorders. I think it’s really important to talk about tough things too in order to reach younger people, maybe better than their parents or their coaches can. So far, we have gotten a really good response. People listen to our podcast and they feel that they know us a bit better. And it’s also good for us to talk about some topics aloud, because while saying something, you think about it once more and it helps to make peace with a certain topic.

BW Are you good friends with Tiril?

ILT All the girls from our team are like sisters to me. But Tiril is my best friend. We like to think that we are real sisters. We are from the same club and I have known her for quite a long time, so we are very close now. Actually, our whole team is very close with each other: both girls and guys, coaches, waxmen. So, I feel very lucky to be in a team that I can call my second family and to spend so much time with them. If I didn’t feel at home or one hundred percent myself around them, it would be hard for me to live this kind of life.
18/19 OVERALL WORLD CUP WINNER

JOHANNES THINGNES BØ

SKIIING IS NOT A LIFESTYLE. IT’S LIFE.
FISCHERSPORTS.COM
GATES OPEN

Oestersund hosted BMW IBU World Cup 2019/2020 Opening
SINGLE MIXED RELAY  Sweden’s Sebastian Samuelsson used just a single spare in the last standing stage on his way to victory with teammate Hanna Oeberg in the season opening single mixed relay in Östersund, outshooting Germany’s Erik Lesser, who picked up a penalty. The Swedish duo demonstrated resilience and prevailed with two penalties in 36:42.1. Lesser and teammate Franziska Preuss came in second with that single penalty and nine spares, 18.1 seconds back. Third place went to the Norwegian pair Marte Olsbu Røiseland and Vetle Sjaastad Christiansen, with one penalty and sixteen spares, 40.4 seconds back.
SHARP One prone penalty was not enough to derail the defending BMW IBU Total Score winner Johannes Thingnes Boe of Norway as he took the Men’s Sprint in 24:18.3 at the BMW IBU World Cup Oestersund. After his prone penalty, the Norwegian cleaned standing and pushed hard in the last loop to overtake his brother for the victory. Tarjei Boe, also with one penalty, finished second, 19 seconds back. Matvey Eliseev of Russia shot clean to finish third, 19.9 seconds back.
Développée en collaboration avec Martin Fourcade, la gamme X-IUM offre un niveau de performance, de puissance et de réactivité à la hauteur des exigences du quintuple champion Olympique.
ALLEZ LES BLEUS  Martin Fourcade led a French sweep of the top four places in the Men’s 20 km Individual at the BMW IBU World Cup 1 in Oestersund. Fourcade took the lead after the first standing shooting and was never challenged, finishing with a single penalty in 53:11.9. Simon Desthieux matched Fourcade on the shooting range but finished in second place, 12.7 seconds back. Quentin Fillon Maillet finished third with three penalties, 1:50.8 back. Emilien Jacquelin, with a personal-best fourth place, completed the French domination with two penalties, 2:17.8 back.
BRAISAZ MYSTERIOUS AS EVER  Justine Braisaz of France, after picking up two penalties in the first stage, skied and shot with sudden calmness and then closed the next 15 targets to claim her second career BMW IBU World Cup win, taking the Oestersund Women’s 15km Individual in 42:35.1. Ukraine’s Yulia Dzhima, the only woman in the field to shoot clean, finished second, 11.1 seconds back. Third place went to Braisaz’ teammate Julia Simon, also with two penalties, 17.7 seconds back. This was also Simon’s career-best result.
BROTHERS AT WORK  Tarjei Boe applied the pressure of a man in form and took the lead after the prone stage in the third leg of the men’s relay, setting up Norway’s decisive victory, while his brother Johannes Thingnes Boe controlled the anchor leg for a 1:10:30.4 win. The Boes and teammates Johannes Dale and Erlend Bjoentegaard used nine spare rounds in their victory. France, with one penalty and seven spare rounds, finished second, 32.3 seconds back. Italy, the sharpest-shooting team of the day, finished third with eight spare rounds, 1:27.1 back.
HF WARM [0° / -5°C]
• 06141 [100 mL] SPRAY
• 06129 [100 mL] SPONGE

HF MED [-3° / -8°C]
• 06142 [100 mL] SPRAY
• 06130 [100 mL] SPONGE

HF COLD [-6° / -20°C]
• 06143 [100 mL] SPRAY
• 06131 [100 mL] SPONGE

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NEW FLUOR CHEMISTRY
• DRYING FAST TECHNOLOGY
• NEW FLUOR CHEMISTRY
• HOT & COLD APPLICATION
• LONG LASTING GLIDE
**HER RELAY (AGAIN)** Norwegian anchor Marte Olsbu Røiseland quickly closed her five prone targets to take the lead in the Women’s 4 x 6 km Relay on the final afternoon in Oestersund and never relinquished it, crossing the finish line in 1:06:10.2 for the victory. The Norwegians used ten spare rounds for their win. After a last loop battle with Sweden, Switzerland finished in an all-time best second place with four spare rounds, 8.5 seconds back, while the Swedish team came in third with eight spares, 10.2 seconds back.
JT Boe’s standing stats for the 2018/2019 season showed that his shooting accuracy dropped to 78% from 86% the season before, but that still wasn’t something that would particularly worry him after he opened the new season with very composed standing shooting form in Oestersund, where he cleared 23 targets in 26 attempts: JT shot 5/5 in his leg in the mixed relay, 5/5 in the sprint competition, missed twice for 8/10 in standing in the individual and needed one reload for 5/6 in his winning anchor leg in the men’s relay. He therefore shot with 88% accuracy in his four competitions he took part in at Oestersund. “My form in standing shooting tends to return naturally and it is not something that I was deliberately working on during the summer, nor did I apply any changes to my technique,” said JT in Oestersund.

Martin Fourcade came to Oestersund cautious after a challenging season last year which he entered after a series of breakthroughs during summer training that left him drained. He needed four reloads to clear his ten targets in the mixed relay, missed twice in the standing shooting in sprint, but he got his explosive moves on skis back. He won the individual—with very fast skis as a result of the excellent job done by the French waxing team—in great style, missing just once in the last standing, and he shot 10/10 in the last leg in the men’s relay when he decided not to chase JT Boe, who started with an 11.6-second advantage. Although JT and Fourcade cruised through the last leg, one needed to read between the lines: in the end, JT gained an additional 12 seconds on the 11-second lead brought to him by his brilliant brother Tarjei. But JT
needed two reloads—one in prone and one in standing—to clear his targets, and that would mean two penalty loops in a regular sprint competition. JT already concluded after the sprint that his edge in skiing speed was not as big as it was last season; in fact, it was almost gone.

“Shooting will be more crucial than ever,” said JT Boe. He learned two weeks later that one missed shot might still win him a sprint but certainly not two.

**WIERER HAS STARTED THE NEW SEASON EXACTLY WHERE SHE FINISHED THE LAST ONE: ON TOP**

After winning the BMW IBU World Cup Total Score last season, the naturally charismatic Dorothea Wierer of Italy became a superstar in Italy, topping the list as Italy’s most marketable winter athlete. While others dealt almost exclusively with trainings in the summer, Wierer juggled her time and energy between numerous commercial activities and trainings. It seemed in Oestersund that she got that balance right as well, for she shot with 90% accuracy (including reloads in relays), she was ‘DoroFast’ on the shooting range and very, very fast on the tracks, which gave her a commanding lead in the Total Score after week one. Wierer being Wierer, and magnificently oblivious to all the attention around her, didn’t even know that the winners of the Total Score start the new season in the Yellow Bib.

“It stressed me for a while, then I forgot about it,” admitted Wierer.

Marte Olsbu Roeiseland was the dominating skier in Oestersund, but her shooting accuracy was low at 75% and she seemed to be spending way too much energy gaining ground with her fast skiing for all her misses. Hanna Oeberg began the season in

---

**SINGLE MIXED RELAY 6 KM (W) / 7.5 KM (M)**

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>SWEDEN</td>
<td>36:42.1</td>
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<tr>
<td>2</td>
<td>GERMANY</td>
<td>37:00.2  +18.1</td>
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<td>3</td>
<td>NORWAY</td>
<td>37:22.5  +40.4</td>
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<td>4</td>
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<td>ESTONIA</td>
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**MIXED RELAY 6 KM (W) / 6 KM (M)**

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<td>5</td>
<td>AUSTRIA</td>
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**SPRINT MEN 10 KM**

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<tr>
<td>1</td>
<td>BOE Johannes</td>
<td>24:18.3</td>
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<tr>
<td>2</td>
<td>BOE Tarjei</td>
<td>24:37.3  +19.0</td>
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<tr>
<td>3</td>
<td>ELISEEV Matvey</td>
<td>24:38.2  +19.9</td>
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<tr>
<td>4</td>
<td>LOGINOV Alexander</td>
<td>24:45.4 +27.1</td>
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<tr>
<td>5</td>
<td>FOURCADE Martin</td>
<td>24:46.2 +27.9</td>
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**SPRINT WOMEN 7.5 KM**

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<tr>
<td>1</td>
<td>WIERER Dorothea</td>
<td>19:48.5</td>
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<tr>
<td>2</td>
<td>ROEISELAND Marte Olsbu</td>
<td>19:57.1 +8.6</td>
</tr>
<tr>
<td>3</td>
<td>DAVIDOVA Marketa</td>
<td>20:00.4 +11.9</td>
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<tr>
<td>4</td>
<td>PREUSS Franziska</td>
<td>20:07.7 +19.2</td>
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<td>5</td>
<td>PERSSON Linn</td>
<td>20:10.1  +21.6</td>
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### Individual Men 20 KM

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<th>Nation</th>
<th>Time</th>
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<th>Zone B</th>
<th>Zone C</th>
<th>Zone D</th>
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<tbody>
<tr>
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<td>DESTHIEUX Simon</td>
<td>FRA</td>
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<td>1</td>
<td>+1+0+0</td>
<td>+0+0+1</td>
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<td>3.</td>
<td>FILLON MAILLET Quentin</td>
<td>FRA</td>
<td>55:02.7</td>
<td>3</td>
<td>0+0+0+1</td>
<td>+0+0+1</td>
<td>+1</td>
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<tr>
<td>4.</td>
<td>JACQUELIN Emilien</td>
<td>FRA</td>
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<td>3</td>
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<td>+2</td>
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<tr>
<td>5.</td>
<td>WEGER Benjamin</td>
<td>SUI</td>
<td>55:40.1</td>
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<td>+0+0+0</td>
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### Individual Women 15 KM

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<th>Time</th>
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<th>Zone B</th>
<th>Zone C</th>
<th>Zone D</th>
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<tr>
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<td>BRAISAZ Justine</td>
<td>FRA</td>
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<td>2</td>
<td>+0+0+0</td>
<td>+0+0+0</td>
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<tr>
<td>2.</td>
<td>DZHIMA Yuliia</td>
<td>UKR</td>
<td>42:46.2</td>
<td>0</td>
<td>+0+0+0</td>
<td>+0+0+0</td>
<td>+1</td>
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<tr>
<td>3.</td>
<td>SIMON Julia</td>
<td>FRA</td>
<td>42:52.8</td>
<td>3</td>
<td>+0+0+0</td>
<td>+0+0+2</td>
<td>+2</td>
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<tr>
<td>4.</td>
<td>TANDREVOLD Ingrid Landmark</td>
<td>NOR</td>
<td>43:00.3</td>
<td>1</td>
<td>+0+0+0</td>
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<tr>
<td>5.</td>
<td>KUKLINA Larisa R</td>
<td>RUS</td>
<td>43:13.9</td>
<td>2</td>
<td>+1+0+0</td>
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### Relay Men 4 x 7.5 KM

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<th>Misses</th>
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<th>Zone C</th>
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<td>1:12:11.8</td>
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<tr>
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### Relay Women 4 x 6 KM

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<td>+0+0+0</td>
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the venue she knows and likes the most with great ambition, shot faster than last season—which is likely part of her plan to challenge Wierer for the Total Score—but finished 10th in the individual (3 misses) and 11th (2 misses) in sprint (just 0.4 seconds ahead of Elvira, her younger sister with similar ambition and self-confidence). Hanna now knows that Elvira meant business when she announced in the summer that she plans to surpass her big sister’s achievements. In all the drama surrounding bigger names, Marketa Davidova quietly made her unassuming bid for biathlon’s greatest prize. The young Czech who is studying for her Master’s degree finished 3rd in the sprint and 11th in the individual, shot with 87% accuracy and was second in the Total Score standings after the Oestersund competitions, just 18 points behind Wierer.1

---

20/20 THE MAKING OF HANNA OEBERG

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FOCUSED ON ADVENTURE
JUST WATCH HIM!

JT Boe made it a three-for-three weekend in Hochfilzen with a thrilling last loop to claim the men’s relay victory for the Norwegian team with JT and Tarjei Boe, Erlend Bjoentegaard and Johannes Dale
DORO DID IT AGAIN  One missed shot in prone was not enough to stop Italy’s Dorothea Wierer from taking her second consecutive sprint win of the season and at BMW IBU World Cup 2 in Hochfilzen. The Yellow Bib followed up the prone error with a perfect standing stage and a fast last loop -although she didn’t really know how fast or slow she was - for a 21:26.5 victory. Norway’s Ingrid Landmark Tandrevold shot clean but finished second, 5.9 seconds back. Russia’s Svetlana Mironova, with one penalty finished third with her first-ever World Cup podium, 18.3 seconds back.
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PERFECTION Norway’s JT Boe cruised in the lead without missing a target from start to finish in Hochfilzen men’s 12.5 km pursuit for his first sprint/pursuit double of the season. His 31:27 time was 33.5 seconds better than second place Alexander Loginov of Russia who also shot clean. France’s Emilien Jacquelin in third place, also shooting clean secured his first-ever World Cup podium with a breakaway at the 11.6 km split. He finished 40.5 seconds back. Martin Fourcade and Tarjei Boe each missed two shots and could not endanger JT’s win.
TIRIL’S BREAKTHROUGH 20/20  Norway’s Tiril Eckhoff’s absolutely perfect day on the shooting range - she shot 20/20 for the first time in her career at the BMW IBU World Cup level - combined with powerful skiing resulted in her first-ever pursuit victory in sunny Hochfilzen. Eckhoff with a finishing time of 29:14.6 took the lead after the second prone stage and never relinquished it. Hanna Oeberg of Sweden, with two penalties, finished second, 25.8 seconds back. Eckhoff’s teammate Ingrid Landmark Tandrevold finished third for her second consecutive day on the podium, with one penalty, 39.7 seconds back. The always bubbly Eckhoff was ecstatic with her first-ever 20-for-20 day. “I am very happy today; it was my first 20! I was really emotional when I made it, so I could not have been happier. And especially when Ingrid, we were standing there together; it was amazing!”
During the BMW IBU World Cup 2 in Hochfilzen, Austria, JT Boe skied one of the most chilled loops and one of the most difficult loops in his career to date. The chilled one was the victorious loop in the men’s pursuit, where he cleared all 20 targets and started to celebrate right after he hit the last one, and just before he hit the last 2.5 km stretch with an additional spring in his glide, the picture of a man on top of his game. A day later, a chain of unexpected events forced him to dig deeper than he may ever have done before, because Johannes Dale, who opened the men’s relay for Norway in great style, tagged Erlend Bjoentegaard so lightly that the second Norwegian wasn’t sure if he had been tagged or not; those distraught thoughts clouded his mind and showed at the prone shooting where he went 1+3 and then added two reloads at the standing. With the competition suddenly and utterly unexpectedly wide open, Germany took the lead. A fantastic leg by Tarjei Boe brought Norway back to second place, but Benedikt Doll still had a 43-second advantage when JT Boe decided to put his body and mind to the ultimate test and his reputation on the line.

In one of the greatest hunts in the history of biathlon, JT caught and overtook Doll in the last meters for his third win in three days. His legend grew further after the win, which inspired Doll to post MondayMotivation on his Instagram account, saying he will work harder to win soon. That soon proved to be a prophetic post.

By the end of the BMW IBU World Cup Week 2, JT’s brother Tarjei was as fast as he is, but Tarjei missed three more shots, all in crucial phases of the competition when he had his brother and the rest of the field on the ropes. “I told myself if this guy clears all the targets in the standing, he will beat me by a year today,” said JT.
after the sprint, when Tarjei was skiing just behind him before they entered the shooting range for the standing. JT missed one and Tarjei two; JT won, Tarjei finished sixth. The three top challengers to JT in Hochfilzen ended up being Alexander Loginov, who hit all 30 targets and finished third in the sprint and second in the pursuit without having the best skiing speed; Simon Desthieux, who finished second in the sprint and fifth in the pursuit, missing just twice and matching the Boe brothers’ speed for most of the time; and Emilien Jacquelin, who went 20/20 in the pursuit and reached the podium for the first time in his career. Considering Jacquelin is still very much a work in progress, the French can expect great things from him.

**WIERER STAYED AHEAD OF THE FIELD, BUT NOT FOR LONG**

Dorothea Wierer had her first real shooting scare of the season when she missed five targets in the pursuit. The data does not reflect the fact that she was extremely unlucky in the first prone when the momentum for a race with 20 targets is being set.
**Sprint Women 7.5 km**

1. WIERER Dorothea | ITA | 1+0 | 1 | 21:26.5
2. TANDREVOLOD Ingrid Landmark | NOR | 0+0 | 0 | 21:32.4 | +5.9
3. MIRONOVA Svetlana | RUS | 0+1 | 1 | 21:44.8 | +18.3
4. FIALKOVA Paulina | SVK | 0+0 | 0 | 21:48.6 | +22.1
5. OEBERG Hanna | SWE | 0+1 | 1 | 21:50.8 | +24.3

**Sprint Men 10 km**

1. BOE Johannes Thingnes | NOR | 0+0 | 0 | 25:07.8
2. DESTHEUX Simon | FRA | 0+1 | 1 | 25:15.6 | +7.8
3. LOGINOV Alexander | RUS | 0+0 | 0 | 25:22.4 | +14.6
4. ELISEEV Matvey | RUS | 0+0 | 0 | 25:28.4 | +20.6
5. HOFER Lukas | ITA | 0+1 | 1 | 25:28.6 | +20.8

**Relay Women 4 x 6 km**

1. NORWAY | NOR | 1+7 | 11:04.7
2. RUSSIA | RUS | 0+5 | 10:16.9 | +8.2
3. SWITZERLAND | SUI | 1+9 | 11:10.8 | +10.4
4. UKRAINE | UKR | 0+8 | 11:13.9 | +10.9
5. CANADA | CAN | 0+7 | 11:14.0 | +10.9

**Relay Men 4 x 7.5 km**

1. NORWAY | NOR | 1+7 | 1:14.44.2
2. GERMANY | GER | 0+6 | 1:14.46.2 | +2.54
3. FRANCE | FRA | 1+8 | 1:15.36.1 | +51.9
4. CANADA | CAN | 0+6 | 1:16.12.9 | +12.7
5. CZECH REPUBLIC | CZE | 0+9 | 1:16.36.4 | +152.2

**Pursuit Women 10 km**

1. ECKHOFF Tiril | NOR | 0+3 | 0 | 29:14.6
2. OEBERG Hanna | SWE | 0+1+1 | 2 | 25.8
3. TANDREVOLOD Ingrid Landmark | NOR | 0+0+1 | 0 | 30.9
4. BRASAZ Justine | FRA | 0+0+1+ | 2 | 47.9
5. FIALKOVA Paulina | SVK | 0+1+0+1 | 2 | 102.9

She still finished ninth in the end, staying atop of the Total Score standings with 188 points. Wierer has won both sprints this season with one miss, but she could not tell how fast (or not) she was in Hochfilzen, which could mean two things: that the best is yet to come this season and that her skiing speed can go even higher.

Ingrid Landmark Tandrevold was the only woman who finished in flowers in all three individual competitions before the end of the Hochfilzen week: she was fourth in the individual, second in the Hochfilzen sprint (and 25th in the Oestersund sprint) and third in the pursuit. In 20-target competitions, she was second to Justine Braisaz, who won the individual and finished fourth in the pursuit. This was a clear indication that the Frenchwoman gets her act together when there is enough time to think things through, and that she feels (too) rushed in the sprint, where her shooting accuracy stood at 55%.

After finishing 11th and 10th in Oestersund, Hanna Oeberg stepped up her form in Hochfilzen with fifth place in the sprint and second in the pursuit. Her improvement from last season could be seen in her skiing speed (at 4% faster than the average). With that, she has started to show that she is prepared to compete to win in any competition, including the sprint. Oeberg is also the one athlete who adapts her shooting speed according to the moment she is at in the competition when she enters the shooting range.

In the week of Norwegian dominance, Tiril Eckhoff’s 20/20 in the pursuit stood out. She was the picture of disbelief and pure joy after she cleared the last target, with her coaching team jumping up and down as well. Eckhoff might start clearing 20/20 from now on, or she might never do it again, such is the unpredictability of her performance.
20/20 THE MAKING OF TARJEI BOE
please visit biathlonworld.com and IBU TV (youtube) for more
UNSTOPPABLE

Tiril Eckhoff won all three competitions in Annecy - Le Grand Bornand
DOLL LIFTS GERMANY’S SPIRITS  Germany’s Benedikt Doll turned the third 10/10 day of his career into his second career win and his first BMW IBU World Cup win at Le Grand Bornand, claiming the men’s sprint in 23:22.1. Doll’s previous win was the 2017 IBU Sprint World Championship title in Hochfilzen, Austria. Norway’s Tarjei Boe also shot clean but finished second, 9.4 seconds back. Third place went to Quentin Fillon Maillet of France, also shooting clean, 11.4 seconds back, for his first podium on home soil.
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LIVIGNO
Norway’s Tiril Eckhoff outran a prone penalty with a furious last loop to win the Annecy-Le Grand Bornand women’s sprint in 20:27. After the prone miss, she cleaned standing and flew around the rainy, slow tracks for her second win of the new season. She dedicated her win to the waxers, who did an outstanding job in the rainy conditions. Local favorite Justine Braisaz of France finished second, 6.2 seconds back. Marketa Davidova of the Czech Republic finished third, 20.5 seconds back. Both Braisaz and Davidova shot clean.
QUENTIN FILLON MAILLET 30/30  Norway’s JT Boe left the last standing stage of the men’s pursuit even with France’s clean-shooting Quentin Fillon Maillet, but the Yellow Bib prevailed with a devastatingly fast last loop to take the victory, his second consecutive pursuit win this season. The Norwegian star, with one penalty, finished in 30:07.8, while Fillon Maillet took second place, 22 seconds back. Norway’s Vetle Sjaastad Christiansen, with one penalty, kicked past his teammate Tarjei Boe to claim third place, exactly one minute back, for his first podium of the season.
EVENTS  BMW IBU WORLD CUP ANNECY - LE GRAND BORNAND - FRA
JT BOE’S TWO WINS BEFORE THE BABY COMES  Norway’s JT Boe turned in another masterful performance under tough, rainy and slow conditions to win the Annecy-Le Grand Bornand mass start in 41:36.3. He was never challenged from start to finish, incurring just one penalty. Emilien Jacquelin of France achieved another personal best, finishing second with one penalty, 42.1 seconds back. Third place went to the elder Boe brother, Tarjei, with one penalty, 51.8 seconds back. The winner, JT Boe, remarked, “I have had some good days on the skis. My skis today were probably the best on the team, so I have to say a big thanks. In these tough conditions, when you have the best equipment-skis-you save a lot of power. I tried to use my saved power to gain some seconds in front and it was a big success.”
Benedikt Doll, Tiril Eckhoff and JT Boe are all well-known for their track skills and speed. Yet all three won this week because they shot well; not perfect, but well when it counted. Doll shot clean for just the third time in his career to gain his second victory; his first victory was a clean-shooting IBU WCH Sprint title in 2017. Eckhoff had her first-ever 20-for-20 day last week in Hochfilzen. She admitted that this added to her confidence in the ALGB sprint win, where she outsprinted one penalty; two penalties would have cost her the win. She secured her pursuit win with a clean last standing stage. As for the Yellow Bib from Norway, his shooting was off in the sprint with two penalties, leaving him in 4th place. Yet he regrouped (surely with some help from shooting coach Siegfried Mazet) to clean the last three stages in the pursuit while going shot-for-shot with Quentin Fillon Maillet. Realizing how important shooting is in a season when many men are skiing fast, Johannes said, “I needed to improve my shooting from the sprint; I was not determined or focused enough.” He reconfirmed his ability to shoot well on the biggest stages in the mass start. Skiing is important, but shooting can make or break any performance. The Tiril Eckhoff that many have been waiting and hoping for for years may have finally arrived. Three consecutive dominating victories marked by her trademark aggressive skiing as well as consistent shooting that we have never seen before proves that although biathlon is about cross-country skiing and rifle marksmanship, the third BMW IBU World Cup in France week proved again that shooting prevails.
that the happy-go-lucky Norwegian might possibly dominate for the rest of the season. Prior to this recent uptick, Eckhoff would show up annually to win a competition impressively like the home IBU WCH Sprint Title in 2016 or anchor the Gold medal relay team. She has always been impressive in the OWG, where she earned five medals. However, after these high points, she would always lapse to illness or unspeakably bad shooting. These last two weeks have been different, with no backsliding, just steady performances: four wins, only five missed shots in those four wins, winning margins of 25.8 and 38.1 seconds in the two pursuits and an eye-popping 1:24.9 in the mass start win. Eckhoff pointed at Coach Patrick Oberegger after her ALGB pursuit win, saying they have worked hard for this. Oberegger is a big part of her surge; he has always been a calm, positive, and fun motivator, and Tiril is reaping the rewards of his approach. This could be the start of something big.

Six competitions, five Norwegian wins, nine podiums out of a possible 18—no doubt that Norway ruled in France. The Norwegians are comfortably on top of both the Men’s and Women’s Nations Cup Score. At the moment, they look unstoppable, even if Johannes misses several competitions. His brother Tarjei is a more-than-adequate stand-in. On the women’s side, they only really have Eckhoff and Tandrevold, but what a dynamic duo they are! The French men put up a good fight on home soil with Quentin Fil-
SPRINT MEN 10 KM
1. DOLL Benedikt GER 0+0 0 23:22.1
2. BOE Tarjei NOR 0+0 0 23:31.5 +9.4
3. FILLON MAILLET Quentin FRA 0+0 0 23:33.4 +11.3
4. BOE Johannes Thingnes NOR 1+1 2 23:36.9 +14.8
5. BJØNTEGAARD Erlend NOR 0 0 0 23:37.1 +15.0

SPRINT WOMEN 7.5 KM
1. ECKHOFF Tiril NOR 1+0 1 20:27.0
2. BRAISAZ Justine FRA 0+0 0 20:33.2 +6.2
3. DAVIDOVA Marketa CZE 0+0 0 20:47.5 +20.5
4. MIRONOVA Svetlana RUS 0+0 0 20:49.5 +22.5
5. HERRMANN Denise GER 0+2 2 20:56.7 +29.7

PURSUIT MEN 12.5 KM
1. BOE Johannes Thingnes NOR 1+0+0+0 1 30:07.8
2. FILLON MAILLET Quentin FRA 0+0+0+0 0 +22.0
3. CHRISTIANSEN Vetle Sjaastad NOR 0+0+1+1 2 +1.00.0
4. BOE Tarjei NOR 0+0+1+1 2 +1.01.7
5. DOLL Benedikt GER 0+1+1+1 3 +1:23.8

PURSUIT WOMEN 10 KM
1. ECKHOFF Tiril NOR 1+0+1+0 2 29:41.6
2. TANDREVOLD Ingrid Landmark NOR 1+0+1+0 2 +38.1
3. HAECKI Lena SUI 0+1+1+0 2 +46.0
4. WIHDROR Thea ITA 0+0+1+1 1 +58.5
5. BRAISAZ Justine FRA 1+0+2+1 4 +1:02.8

MASS START MEN 15 KM
1. BOE Johannes Thingnes NOR 0+0+1+0 1 41:36.3
2. JACQUELIN Emilien FRA 0+0+1+0 1 +42.1
3. BOE Tarjei NOR 0+0+0+1 1 +51.8
4. FILLON MAILLET Quentin FRA 0+1+1+0 2 +1:03.3
5. FOURCADE Martin FRA 0+1+0+0 1 +1:05.0

MASS START WOMEN 12.5 KM
1. ECKHOFF Tiril NOR 0+1+0+1 2 38:52.8
2. WIHDROR Dorothea ITA 1+0+1+0 2 +1:24.9
3. PERSSON Linn SWE 1+0+0+0 1 +1:25.1
4. MAKARAINEN Kaisa FIN 0+0+2+2 4 +1:35.6
5. HERRMANN Denise GER 1+0+1+2 4 +1:43.0

Ion Maillet and young Emilien Jacquelin, but they were a step behind this week and in the Nations Cup. The women are also a step behind, but Justine Braisaz, Julia Simon and Anais Bescond are all moving into promising territory. One thing must be said for the French team and for this week’s events in Le Grand Borne: bravo! What an atmosphere, with great fans cheering passionately for their team and appreciating the Norwegian wins. A lot of credit goes to the organizers and yes, to Fourcade, who has made biathlon very popular in France. !

Jerry Kokesh
Christian Manzoni
20/20 THE MAKING OF JUSTINE BRAISAZ
please visit biathlonworld.com and IBU TV (youtube) for more

SIMON EDER
ON HIS REDSTER S9 CARBON SKIS
**THE BEST OF SOCIAL MEDIA**

**Emilien Jacquelin** is in Östersund.

Napoleon a dit : « Sachez qu'il n'y a jamais de honneur à être vaincu par des Français » 😊 😊 🇫🇷 Östersund

Napoleon said, "Know that there is never a shame to be defeated by French." 😊 😊 🇫🇷 Östersund

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**Biathlon World**

**Biathlon World**

**53 I 2020**

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**Johanneta Lilhjem**

When you tell them that you’re in top 30 world cup overall but don’t mention it’s only been one race. 😊 😊 26th today, repeating my best ever world cup result. Solid start. Fun to still see so many things to improve on. 😊 😊

Thank you for cheering! Altihh kassaelajadje rajal ja kodudes!

16h

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**ptokess**

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16 HOURS AGO

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**Tarjeibov**

visser & brothers

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Erlebeckhoff

16h 22 likes • Reply

---

sindreperttttt Flower power till spriitens morra 🌸

16h Reply

---

yaneto-ka_redhottik Best wishes from Lusiana ca 🎉

16h 6 likes • Reply

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antonovolcusa 😊 😊

16h 2 likes • Reply

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**Biathlon World**

**Biathlon World**

**53 I 2020**

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Aita Gasarin is with Aita Gasarin.

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4th place... but such a big 4TH PLACE for me today in Snowfilzen! 😊#fialky
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#transmedicslovakia
#set4cupseries
#miulabanakslovensko
#miulabanslovakiação
#mancikbenevodorslovakia
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CHOOSE YOUR TRACK.
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Those with an affinity for football have been satisfied for the time being. FC Bayern and Juventus Turin each qualified as group winners for the round of 16 in the Champions League. That is important now, even if this message is surrounded by biathlon stories, because Johannes Kühn is a fan of both clubs. And who knows, maybe both clubs will meet at some point this season.

That would be an ordeal for him, which, of course, is not comparable to the demands he must face as a biathlete. Because Johannes Kühn is getting ready to possibly still have a clean career in his sport after all. Even though he is at an age (28) when others have long since collected World Cup victories and podium places by the dozen. Not to mention medals.
Although: Kühn has not gone completely empty-handed until now. He was a junior world champion four times and a European champion once in the relay when Erik Lesser, Daniel Böhm and Matthias Bischl were still standing. But they weren't the big competitions that are broadcast on television and featured across big media. It was the second tier. Only Lesser is still active from that time. And Johannes Kühn, who had to be patient for several reasons. For one thing, after his World Cup debut in 2012, which ended with a respectable 17th place in the sprint at Pokljuka (Slovenia), he suffered two shoulder fractures. “After that, there was always some uncertainty,” he says. And then there was also an extremely strong German team. “You have to fight your way step by step,” Kühn acknowledged. He always saw the competition before him, frequently also during joint training in Ruhpolding: Arnd Peiffer, Benedikt Doll, Simon Schempp and of course, Erik Lesser. National coach Mark Kirchner has only six starting positions available, for which, besides Kühn, Philipp Nawrath,
Roman Rees and Philipp Horn, among others, are also making a bid. “That is not easy,” says Kühn, who has always had the advantage of a special characteristic, though: he is a fighter.

FROM WINTER VACATION TO BIATHLON

Maybe that’s what you become if you cross over to such a complicated sport. He started out as a cross-country skier because his parents went to Reit im Winkl, a cross-country ski track paradise, for winter vacations. At some point he was approached about the possibility of combining cross-country skiing with shooting. Biathlon. And where do you go for that in this region? Of course, to Fritz Fischer at the biathlon camp in Ruhpolding. Johannes Kühn was enticed by the fascination of bringing together two sports as different as cross-country skiing and shooting. He became a biathlete. The other option that still existed was—realistically speaking—not really feasible: to become a football player. Kühn, an honest soul, admits it. “I was all right in terms of the running, but otherwise I was quite normal.” Saying this with a smile, he evades the fact that while he was out in the midfield running about, he may not have shown enough momentum for his home club, SC Tüßling-Teising, which currently plays in the district league in the district of Inn/Salzach.

GOOD SEASON OPENER

In contrast, Kühn, who was born in Passau and grew up in the Altötting district, has now moved up a few regions as a biathlete. He is one of the best in the world and proved that right away at the season opener in Oestersund with sixth place. He was the highest-ranked German with this result. A tailor-made start.

“It is now the third winter in a row that I can participate in the World Cup right from the start,” says Kühn. There is some pride in his voice, but above all, you can hear a sense of reassurance that shouldn’t be underestimated. “That gives security,” says Kühn. And that should not be underestimated, especially at the shooting range, because the evolution there has been rapid in recent years. Ever faster shooting times are needed, and at this point the limit has probably been reached. “I believe,” says Kühn, “that that is now maxed out.” After all, you also have to hit the targets. The fascination of speed fizzes out when the disks remain black. If that happens to Kühn, which is still too often the case for him, then he can at least draw on one particular strength. A quality that is more than just an additional cartridge. Johannes Kühn is one of the best in biathlon on the tracks. If it hadn’t been for the contact with Fritz Fischer back then, who knows: Kühn might now be on the national cross-country skiing team.

OLYMPIC GAMES AS MOTIVATION

When he qualified for the Olympic team (in biathlon, of course) with fifth place in the last race before the Olympic Games in South Korea, at the mass start in Antholz-Anterselva, he came in fifth with two shooting errors. The reward was a ticket to Asia. He was an alternate. That was in itself a success for him. And then he actually got his chance. Benedikt Doll fell ill, as did his substitute Roman Rees, and Johannes Kühn was suddenly starting for him in the Individual in PyeongChang as well. He came in 58th with six penalty minutes. It was not ideal but also not a setback. The experience of the games gave him further motivation.

A DIFFICULT INTERNAL QUALIFICATION

He knows that he has to fight steadfastly. “I see it all very realistically,” he explains. “Of course it would be better without the qualification stress every summer. But I know that I’m good, but I also know that everything always has to show on the track first.” A lot has to be put together like a puzzle. “You need a good day and good skis and also always a bit of luck with the wind.” It may be because of his age, together with the sum of his previous experiences, that the dedicated hobby photographer (“Unfortunately too little time for it”) Johannes Kühn appears very worldly-wise and even commanding. He knows his weaknesses, but fortunately also his strengths. The customs sergeant, who now lives in Ruhpolding with his girlfriend and continues to proudly represent WSV Reit im Winkl as his club, has only truly
established himself in the whirlwind of biathlon now. “It is really a very popular sport in Germany,” he still observes with some surprise. At 28, he is no longer a youngster, but as a biathlete among the world’s elite, he is still young and full of drive. And maybe there’s a World Cup victory in the mix. Or more. That doesn’t have to be a dream for Kühn the realist. He already came in second place once. In the Individual in December 2018 in Slovenia. Flawless at the shooting range and just 4.2 seconds behind the high-flyer of the scene, Martin Fourcade of France.

Johannes Kühn is far from finished with biathlon. Indeed, maybe his story is only really beginning now. 

Sigi Heinrich
Christian Manzoni
It was a big gap, the one that the generation before us left. Actually, the Swedish federation decided to start all over with us, picking a young team. I was the oldest in the team and I was 24!”, Mona Brorsson told us with a smile, not long after she took us on a tour of Jamtli Christmas Market in Oestersund.

It has not been long since this new start for Swedish biathlon and plenty of results have come in for the team and its individuals, yet the feeling is that the 29-year-old is the unsung hero of their tale.

“We were aware of our situation, and because of that, we did not have high goals. But of course, the media was harsh, saying it was a dark era and Sweden would never have stars again—which was hard for us, not just to deal with mentally, but also in finding sponsors. Nonetheless, I enjoy those days when I think of them, because I see where the team has gone since those days. I see the team as a mother, and they are my little children, and I am proud of them. It has been quite a journey... for me too!”

**THE POLARIS OF SWEDISH SKIES**

The nature-loving girl who guided Sweden into a new era of biathlon.

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**A TEAM ABOVE ALL**

“Wolfgang (Pichler) really started this, we did not have any individual stars, and before the Olympics, the relay was our main focus, because we knew that it was the event where we stood a chance,” she told us with honesty. Not even in their wildest dreams did they think they would leave Pyeongchang with four Olympic medals. “With Hanna and Sebbe, we got an extra bonus, but all the years before, we trained so hard for these relays, with all the extra shots loading. We were really building a good team feeling the whole time, and I think that after the Olympics you could see, right from the following season, that people started to realise their individual potential.”

**A FEW SHOTS FROM GREATNESS**

After the surprisingly successful Olympics, the spotlight was suddenly on the team that had been chasing one goal for years: to peak at the home IBU World Championships.

“Ts was also, from the very beginning, at least for Wolfgang, the biggest goal for us. The Olympics were just a step on the way, where the successes accidentally came early. But I will never forget these World Championships; I will probably never be in better shape and honestly, the Olympics come every four years, but home World Champs... it is not too sure that someone gets to live it.”

On the first Sunday of those World Championships, a fairy tale seemed about to happen: after missing out on a medal by very little in the first few competitions, the
Swedish crowd was dreaming of an unexpected gold in the Women’s pursuit when Brorsson positioned herself on the first mat in the range. At the last shooting. Nobody behind her in sight.

“I remember that competition in every second; of course it’s a bittersweet memory, and of course I hoped I had hit one or two more targets, but it was such an amazing feeling to compete that day. I felt that I was in the shape of my life and having all these people cheering for me, it was a crazy feeling.”

The silence fell as she positioned her rifle. Was it a dream? Was that the moment she had hoped for since she was a child?

“I had always dreamt of a medal, but I wasn’t prepared for this. I never imagined that I would come to the last range with almost half a minute lead and it threw me off. I had always thought I’d share the pressure with other girls in the last shooting, but I was alone there. I remember the last time I was gliding into the stadium and I was hearing the audience, I was feeling it. My mind was everywhere, thinking ‘OMG, it is so cool.’ And I could see my mum and was thinking what I would do next and suddenly I am standing on lane 11.

When you take a step back and see that you get to spend your day outside trying to become better, faster and stronger, you see how rewarding it is.
Everyone was expecting a broken girl at the finish line. My team was all there for me when I finished—I remember my mum was standing at the finish as well, because one of the volunteers brought her down ready to comfort me. Instead, I was like, ‘Mum did you see me? I was in lane number 1!’

A LONG WAY FROM JAERNSKOG

The dream might have suffered a hit that day, but it has been alive for too long to be defeated. Brorsson made up her mind to be a world-class biathlete very early in her life and has chased that dream ever since. Nonetheless, she has never lost the connection to what made biathlon special in the very roots of her passion.

“It’s a long story… my mum actually competed in cross country when she was a child and my grandmother too… so I guess cross country was always part of the family. Ever since I remember, every winter as soon as the snow fell, we were out skiing. I come from the countryside, so we were just out in the fields having a small fire, making a snack. So, it has always been natural for me to be on skis and be outside. Being in nature, actually, always gives me so much energy and harmony.

Then I was about 10 years old, pretty young I guess, when I followed my cousin to a biathlon training, and I immediately fell in love with it. I have always wanted to be the best in the world in biathlon, so when I finished elementary school, the next step was to continue to a biathlon gymnasium in Torsby. I was 15 then. You don’t know
anything about life: cooking, laundry washing and all of that, but I met amazing people who still are the best friends I have. We grew up together and this is a bond that will never change: we always supported each other and when the moment came, I knew I had to go to Oestersund. But obviously, it's 600km far from home, so you don't get to go back a lot."

**SNOW, STARS AND NATURE**

It is hard to imagine someone more Swedish than Broxsson when it comes to her ways: caring, calm and deeply connected to the environment around her. She can often be found immersed in nature, whether she is free camping to see the sun rise on a Swedish summer day, or skiing at dusk on a wintry evening.

"It all traces back to the beginning, when I could simply just go out and walk on gravel roads, through forests and by lakes. Nature is the place where I go to find energy… I do not like city life and when there are a lot of people. I actually like it when it's dark at night and not full of lights; I want to be able to see the stars and the moon… so whenever I can, I love walking in the mountains and just breathing the cold air.

Biathlon is so good for that, because training itself gives a lot of that. It can be painful and horrible, of course: trainings ask for every bit of your strength. But when you take a step back and see that you get to spend your day outside trying to become better, faster and stronger, you see how rewarding it is.

Sometimes I need to go into nature and reset, because you need to get your mind off biathlon and do other things: spend time with family, friends and just understand that biathlon is just a sport. Sometimes it feels like this is the most important thing in the world, and every competition is so important, and if you have a bad day your whole world breaks apart… that's when you need to take a step back and realise it is not like that."

Brorsson is now chasing her first-ever individual podium. It's her goal and dream now: she knows it's there and she is capable of doing it. Maybe, at last, she will not just be the star that guided the others through the night, but she will indeed shine brighter than any other in the Nordic night.

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**Giulio Gasparin**  Art idea: Alessia Agostinis  Nico Manzoni

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On a cold snowy evening in Sjusjoen, Norway, the couple, up and rolling since 7 am, walk into dinner at 7 pm, a half hour later than planned, coming directly off the tracks. Dinner and an interview must wait. Bjoerndalen chats for a moment with staff; then with an interpreter at his side, he talks about the day that just ended, and explains the schedule for the next day.

“At 7:15, we head for the gym. Then at 9, in the stadium, warm-up, zeroing, skiing, shooting competition: individual style (P, S, P, S), total ski time two hours. Lunch immediately after training; afternoon will be classic skiing.” Questions, logistics and some explanations follow. The phone rings; Domracheva brings some food from the buffet, which is about to close. The phone call is over; it is time for a shared meal and conversation.

HARD JOB; WORKING TOGETHER

Less than 18 months after ending their storied competition careers, biathlon’s power couple is on the other side of the scope. Domracheva admitted, “I did not expect this 180-degree turn so quickly. From the total life picture, this is the only chance for me to try myself in coaching, because there are only a few more years to travel together before our daughter Xe-

Back in mid-September, two biathlon legends, OLE EINAR BJOERNDALEN and his wife DARYA DOMRACHEVA moved from the retired athlete ranks to the coaching ranks. Bjoerndalen became the Chinese Head Coach while Domracheva signed on as the Chinese Women’s Coach.
There is no doubt that Bjoerndalen is 100% focused. He does not sit down for his evening meal until every detail for the next day is explained and the team is on its way back to their cabins. Despite a long day and looking tired, he is buoyant and enthusiastic. “This is a dream job, because I loved my sport as an athlete. I cannot say I love my career as a trainer yet; you need to be so creative and develop every day. There are challenges all the time and you need to handle so many people (30) with a different culture, but these fantastic athletes appreciate what we are doing.”

Just days after taking the coaching jobs, the two went with the team to China for a month-long training camp. Bjoerndalen sees the country’s potential. “They are really eager to make the conditions optimal. There is a lot of work to be done. The Chinese have little experience in biathlon but are very eager to learn and build things so fast. The Olympic venue is not yet done, but we hope it will be soon so we can train there. We were at some other facilities that are okay for training. Of course, we always have some other wishes to improve them, but they are fine for training…The good thing was that we could work there in quite calmness, without the media attention like in central Europe. But as we get closer to the Olympics, the Chinese media will be looking at us more closely and there will be more pressure.”

You need to feel that you have the trust completely. We have that now, but it is a really hard job to coach a team from another place. For China, they want some success and the time is very short. It is a job Darya and I can do together, and like when we were athletes, focus on it 100%.”
TRANSITIONING

The coaching couple had help transitioning into their new jobs. Fellow Norwegian Tobias Torgersen had been with the Chinese team for a year, while former French Shooting Coach Jean Pierre Amat has been there since early summer. “It was quite helpful to learn about the individual athletes and their personalities from the Chinese side and from them.” Domracheva added, “But many of the staff are also new, so it was important for us to dive in and explore for ourselves.”

FEELINGS AND EMOTIONS

Working across the language barrier through translators is part of everyday life with the Chinese team. In the stadium, the interpreter is always at arm’s length to pass on words of encouragement or explain the coach’s directions and comments. Although they rely heavily on the translators, Bjoerndalen said, “It gets easier every day.

The athletes do not speak English much, but they understand a lot. The hardest part for them is understanding exactly what the training is and expressing feelings and emotions that come with the activity.

That is really difficult; it is almost impossible to get a reaction. Sport is like art; you need this emotion. If you do not have that, it is a challenge. We use a lot of body language to see how they react and move.”

HANDS-ON COACHES

Bjoerndalen and Domracheva are hands-on coaches, on their skis throughout the training. They talk to Torgersen and Amat, monitor lactate testing, and ski endless loops following and monitoring their charges. Heading out of the stadium with one athlete, Bjoerndalen skis alongside for a short time then slips behind, watching his protégé. Domracheva commented,

“We ski with them a lot, but not when they are doing intervals and speed, because then they push too hard. Skiing with them is the best way to teach and help them improve…"

I can tell the difference after training; some are totally dead and some are tired, just normal feelings after training. These are sensitive moments when you need to learn about each individual athlete.”

The rookie coaches use their personal experiences, what they learned over the years from their personal coaches, to create their team’s training program. Bjoerndalen considers it a hybrid: “Not a Norwegian or Belarussian or German system, but a combination because there is some weakness in all of them. For example, the Norwegian athletes are very strong and can go without a trainer. It is totally opposite for the Chinese; they need that support. I use a lot from my old trainer who died a few years ago…It is good that we did biathlon for many years, because we know many ways to get to the goal.”

On the women’s side, Domracheva adds, “We know biathlon as athletes and now are seeing it from the other side. It is so interesting to take some things from your career and bring them to the athletes… I had the big advantage to work with Klaus Siebert and Alfred Eder, who were very systematic; I take things I learned from them.”

WAXING TEAM ASSISTANCE FROM NORWAY

Bjoerndalen knew the Chinese team would be at a huge disadvantage in ski preparation, so he formed an alliance with the Norwegian Federation to provide assistance in this crucial area. “We had no chance to build up a waxing team. First it
would cost a huge amount of money and we are so close to the Olympics (in China). We have no chance to develop good skis in one season. It would take 2-3 years.

Norway’s wax team is the best in the world in development and has a work ethic that all countries can learn from... With this cooperation, we can get experience and learn much faster.

I really trust the people and how they work. If you want to get to some place in 2.5 years, you need people you can trust.

**DEVELOPING AND TRAINING**

On-snow training in Sjusjøen is part of a long development process. “We only had the athletes for two months before we went on snow. It is a long step to get to where we want. This will be a really hard season for us, but we need to develop all the way and not think about only race, race, race. We need to train all the time. We need to develop the team and learn.”

The Women’s Coach agreed: “Each com-
petition will be very important training for every athlete." "We are in a learning process, not in a competition focus yet."

Accordingly, the Head Coach’s goals are modest. “The women’s best last season was 27th. We need to do that at least. But you never know; the level can change. A top 10 in the women’s relay would be quite cool; that is very hard because there are so many good teams. For the men, it will be very hard for the men to be in the top 30, but you never know. Catching the pursuit would be quite good for them. It is all about how fast the athletes develop. I do not really care too much about results now, because I know where I need to bring them.”

Continuing, he added, "As a team, they are strongest in shooting, and weakest in skiing. Some have better capacities but need specific ski training...I think we can bring them up quite fast. We can bring them along faster than with some other athletes, because we are always in camps and have more time with them."

Domracheva seconded her husband: “Some are better than others, but in general they learn quite fast. One thing that we are teaching them is to train at the right intensity, which is very important.”

As the two-hour training session wore down, both coaches were back on the shooting range, watching the last few shooting bouts. A couple of 20-for-20s brought smiles from both coaches and athletes. One of the men struggled in standing with three misses, using body language to indicate that his elbow was slipping. The coach explained through the interpreter how to keep it locked in place. Domracheva asked two of the women if they had completed their two hours. Receiving positive answers, she said, reinforcing part of the learning process, “Make sure you get on dry clothes and go right to lunch. It is ready at 11.”

**FIRST COMPETITIONS**

The first competitions in Östersund will be exciting moments for these rookie coaches. The veteran of 580 World Cup starts said, “I am not sure how I will react. When we do some hard sessions in especially important training, I get absolutely excited when I see how they struggle and fight. To see that in a race would be fantastic. I hope they can control and balance their nerves. If they give a full effort, that is enough. If they do not fight, we will not be so happy.” Domracheva looks at it differently. “I would not like to be focused on the result but to keep focused on progress and development.”

Thinking about the transition from athlete to coach, Bjoerndalen reflected on the new road the couple is travelling. “I can be both calm and excitable. I was quite calm the first period, but I am more direct now because the season is closer and I know them better…

My challenge to myself before I became a coach was that I was afraid I would be too hard. If I only did exactly what I think, I would be too hard.” With a smile, his wife added, “Here is where I help Ole keep balanced; not too hard on trainings and not too soft!”

The Chinese team is quite lucky; they are in good hands with the focused, experienced and enthusiastic Ole Einar Bjørndalen and Darya Domracheva leading them towards success and Beijing 2022.
ALL ABOUT
BIG MOMENTS

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HISTORIC DOUBLE

It was not the big names like Johannes Thingnes Boe or Dorothea Wierer who surprised us most at the beginning of the new 2019/2020 season, but the Swiss women’s team. For the first time in biathlon history, the Swiss women’s relay team stood on the podium – twice! First in Oestersund, and later in Hochfilzen. The reason: since May 2018, Sandra Flunger has been the new head coach for the Swiss girls. And the Swiss success story clearly carries her thumbprint.
When Lena Haecki hit the last target in standing, Sandra Flunger raised her fist into the air. The new head coach of the Swiss women knew that Haecki could secure a podium spot for her team once more. 23-year-old Haecki from Engelberg, Switzerland, ranked 5th after the last standing stage in Hochfilzen, where the second World Cup 2019/2020 took place. With 1.6 km to go, Haecki gave her all, flew past Canada and Ukraine, and secured the bronze medal for her team. She was 1:04 behind the winners and 5 seconds in front of her rivals. Only one week earlier, the Swiss team with Selina, Elisa and Aita Gasparin as well as Lena Haecki ranked second in Oestersund, Sweden. For the Swiss team, who had never made it to the podium before in history, Oestersund and Hochfilzen marked a historic double triumph. Sandra Flunger, who took over in May 2018, clearly succeeded in ushering in a new era for Swiss biathlon.

Hochfilzen - Lucky Venue

Flunger, who studied to become a sports and German teacher, was immensely relieved after the Hochfilzen relay. She was happy about the Swiss team’s great result. For her, Hochfilzen is a very special place. Austrian-born Flunger started her own biathlon career here as a junior athlete. So, you could say that Hochfilzen is a kind of lucky venue for the new Swiss coach. Exactly six years ago, Selina Gasparin surprised everybody and celebrated her first biathlon success in the Hochfilzen sprint. Now, the mother of two was able to celebrate again. This time, together with her relay teammates. “We owe Sandra a lot, especially when it comes to shooting. She showed us how to fight for every shot. And she responds to the individual needs of every athlete,” said Elisa Gasparin. It’s true: the Swiss girls buried the Austrian relay team at the shooting range, even though Flunger once coached all of the Austrian women as well, at the Saalfelden sports school. “I’m really proud that we repeated our great result from Oestersund here in Hochfilzen, my home turf,” said the 37-year-old Swiss coach. But her girls’ success had some unforeseen consequences for Flunger: after reaching the second podium in two relay races, Flunger had to make good on a bet and showed up in a leopard pattern jacket and a pink tulle skirt. Flunger is not only a talented coach, but she can take a joke as well. “We told her she has to do something if we nail the historic double,” said Selina Gasparin. The Swiss team clearly sees itself as a unit – and Flunger is a big part of it. Her girls have become much more accurate at the shooting range, and they can also compete with their rivals when it comes to skiing.

Early Goodbye to an Athlete’s Life

Sandra Flunger is no stranger to biathlon. She started as an athlete herself but...
had to end her career at the young age of 21 due to several health problems. She went to university but always stayed close to her favourite sport. Flunger studied in Salzburg to become a sports and German teacher. Afterwards, she taught young athletes at the sports school in Hochfilzen. Some of her pupils like Lisa Hauser are now World Cup regulars. Her passion and know-how led to a contract with the Austrian Ski Federation, where Flunger worked as the women’s World Cup coach from 2013 to 2016. But when the federation decided to hire another coach, Vegard Bitnes, to work alongside Flunger, two coaching philosophies cannoned into each other. Flunger wasn’t able to support Bitnes’ approach and quit shortly before the IBU World Championships took place in Hochfilzen in 2016. She then decided to establish a coaching group with her uncle Alfred Eder, the father of Austrian biathlete Simon Eder, who won two bronze medals at the 2017 IBU WC. They called their group “Talentschmiede” (talent pool) and worked with five Austrian biathletes. It was Simon Eder and his father Alfred who originally inspired Sandra Flunger to start biathlon herself. Alfred was even her coach. And now, after so many years, they worked together again—for two years. Flunger said it was “no easy time and sometimes quite painful.” There had been some “stupid stories and hardened fronts.” And suddenly, she got a very tempting offer from Switzerland.

NEW BEGINNING IN SWITZERLAND

It was a chance for Flunger—at the right moment in time. About 18 months after quitting her job at the Austrian Ski Federation, Flunger signed her contract with the Swiss team. She needed a fresh start after all the controversies with the Austrian team. “It was hard for me to tell all those people I had worked with for such a long time that I couldn’t support their new approach,” recalled Flunger. She has her own way of thinking when it comes to coaching plans: for her, individual approaches and holism are the most important. In Switzerland, she found a new biathlon family. “I love to work with the Swiss team. I’m very glad to be here,” said Flunger. She smiles, she beams and she
has a lot of fun. She formed a team with the three Gasparin sisters and three other athletes—and she’s convinced that her girls will be able to compete for medals at the 2022 Winter Olympics in Beijing. “A medal with the women’s relay team in Beijing is our biggest dream,” she admitted. You can feel her joy. “We have a young team with huge potential in all areas. We have to improve our shooting accuracy combined with the shooting time. We also have to work on our skiing speed if we want to compete with the best teams in the world.” Flunger also hopes to see more top-ten results from her girls in individual races. “I’m positive that we will make it.” She is already satisfied with the progress her team has made until now. “You have to be patient in developing something,” said Flunger. She took over from former Swiss coach Armin Auchentaller and continued his work. “For me, it was important to know all the deficits and weaknesses of my athletes, and to start working on it. You don’t have to reinvent the wheel.” Flunger wants to be close to her athletes. “I don’t want to miss two or three weeks of preparation and training. Only when you’re at the athlete’s side will you notice how the athlete is moving and what she is doing.” Flunger demands high standards in her work. “For me, it’s not enough to just get feedback by mail or telephone.”

Flunger is one of few female coaches in the biathlon World Cup. Biathlon was—and in some areas still is—seen as a men’s world. But Flunger doesn’t care about that. “I don’t bother about if being a female coach in biathlon could be an advantage or disadvantage,” she said. But she is aware of the fact that in many federations, men prevail. “We didn’t especially look for a female coach,” said Markus Segessenmann, the new Swiss head of biathlon. But three of the seven Swiss coaches are women. “In my opinion, the atmosphere is much more cultivated if there are women in the coaching team.” Segessenmann knows what he is talking about. He had already been working with Flunger to coach young athletes. Doris Trachsel, the second woman on the Swiss team, coaches the cross-country skiers. And additionally, Segessenmann is married to Sarah Zeiter, who works from time to time for Swiss Ski. Maybe that’s the reason why the Swiss girls are performing better than ever before and have achieved two podium spots in two relays.

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Jochen Willner
Christian Manzoni
The first competition day of the new 2019/20 season kicked off in the small Norwegian city of Sjusjoen with the IBU Cup sprint competitions. Light snow and challenging gusts of wind crossed the shooting range that day, making the penalty loop very crowded: none of the men and women managed to shoot clean! Things were to change throughout the week.

**NEW SEASON KICKED OFF WITH IBU CUP IN SJUSJOEN**

No major surprises, but some new names emerged.

**CHALLENGING GUSTS OF WIND**

The men’s sprint, which started the competition day, saw only three athletes with just one penalty; two of them took the podium! Lucas Fratzscher of Germany was not only...
accurate on the range but also fast on the track; with a single penalty, he crossed the finish line in the lead, taking the season’s first sprint victory. After the win, the German admitted that the conditions were tough: “The wind was crazy for the whole race, so I really tried to focus only on the shooting. It worked well for me at the range and that was the main reason for my victory.” Another good shooter, Austria’s Harald Lemmerer, matched Fratzscher at the shooting range but was slower, finishing second. Norway’s Aleksander Fjeld Andersen missed three times; nevertheless, his speed allowed him to take third place.

**WAITING FOR A VICTORY** During the women’s sprint, the conditions became even more challenging, and as a result, only three women had two mistakes, while others left three or more targets black. Starting the competition with early bib 10 and collecting three penalties, Karoline Erdal of Norway had to wait for a while until her win could be confirmed. The young Norwegian was challenged by Kelsey Joan Dickinson of the USA, who missed twice. At some point, the American was even leading by a second, but she could not keep her advantage, finishing in second place and leaving Erdal in first. Third place, with two misses, went to World Cup regular Maren Hammerschmidt of Germany, who started her season at the IBU Cup.

**PERFECT SHOOTING BRINGS PERFECT WIN** The second competition day welcomed athletes with completely different conditions: grey skies, snow, and strong gusts changed to shining sun, light wind and cold temperatures. Norway’s Fredrik Gjesbakk took full advantage of the good weather and not only shot perfectly but was also fast on the track. He took the lead after the prone and from that moment on was never challenged by other competitors. The Norwegian crossed the finish line with a confident lead, taking his first win in three years: “It feels great to be back on top of the podium, because my last win was 3 years ago. I finally managed to shoot clean, so I am very satisfied and glad about my performance!” While his teammate was accurate on the range, young Sindre Pettersen did not hit two targets but was very fast on the track, finishing second. The winner of the first men’s sprint, Fratzscher, missed once on the way to third place.

**INCREASING SPEED** Like Gjesbakk, the leader of the women’s sprint also demonstrated perfect shooting skills and great skiing. Starting the competition at a temperate pace, Russia’s Irina Starykh gradually increased her speed; after cleaning the second stage, on the final lap, she was too fast for others to catch her. Ukraine’s Olympic champion Olena Pidhrushna matched the
Russian on the range but finished just second, while Starykh’s teammate Ekaterina Glazyrina took third with one penalty.

THREE PODIUMS IN THREE COMPETITIONS The final competition day at the IBU Cup in Sjusjoen kicked off with the season’s first pursuit with no wind and temperatures around -6°C. Leaving the starting gate with a 20-second lead over the pack, Gjesbakk kept his first position until the final shooting, where he missed once, adding up to one more bad shot. Germany’s Philipp Nawrath, who was more accurate, took advantage of that situation and overtook the Norwegian, leaving with a confident lead for the final lap. While Gjesbakk finished second, Nawrath’s teammate Fratzscher matched his start number 3 with three misses and third place in the protocol, which also gave him the third podium spot in Sjusjoen.

ENOUGH TIME In the women’s pursuit, with the same calm weather conditions, Elisabeth Hoegberg of Sweden celebrated the win. The Swede entered the competition with bib 5 and one prone penalty. Moving up in the standings due to accurate shooting at the next ranges, she came to the final standing with a confident lead. Hoegberg had enough time to cover one penalty and head to her victory while rivals were just starting their shooting. The second and third places were taken by teammates Irina Starykh and Ekaterina Glazyrina with one penalty each. After the finish, Hoegberg wore a big smile, admitting, “I was sure I would hit targets on the final standing, but I guess I was too fast with the last shot and missed. Nevertheless, I tried to cover the penalty loop as fast as possible, knowing that I could still battle for the win!”

Podium Pursuit Men

| PURSUIT MEN 10 KM - 1 | | |
|-----------------------|------------------|------------------|------------------|
| 1. FRATZSCHER Lucas GER | 1+0 | 1 | 28.33.1 |
| 2. LEMMERER Harald AUT | 0+1 | 1 | 28.38.8 | +5.7 |
| 3. ANDERSEN Aleksander Fjeld NOR | 0+3 | 3 | 28.50.4 | +17.3 |
| 4. GJESBAKK Fredrik NOR | 1+3 | 4 | 29.28.1 | +53.0 |
| 5. BRANDT Oskar SWE | 0+2 | 2 | 29.39.8 | +1.06.7 |

| PURSUIT WOMEN 7.5 KM - 1 | | |
|--------------------------|------------------|------------------|------------------|
| 1. ERDAL Karoline NOR | 1+2 | 3 | 26.21.4 |
| 2. DICKINSON Kelsey Joan USA | 0+2 | 2 | 26.28.0 | +6.6 |
| 3. HAMMERSCHMIDT Maren GER | 2+2 | 4 | 26.29.0 | +7.6 |
| 4. HOEGBERG Elisabeth SWE | 1+3 | 4 | 26.30.8 | +9.4 |
| 5. GLAZYRINA Ekaterina RUS | 1+3 | 4 | 26.53.0 | +31.6 |

| PURSUIT MEN 10 KM - 2 | | |
|-----------------------|------------------|------------------|------------------|
| 1. GJESBAKK Fredrik GER | 0+0 | 0 | 23.01.3 |
| 2. PETTERSEN Sindre NOR | 2+0 | 2 | 23.22.2 | +20.9 |
| 3. FRATZSCHER Lucas GER | 1+0 | 1 | 23.29.4 | +28.1 |
| 4. NAVRATH Philipp GER | 0+1 | 1 | 23.44.9 | +43.6 |
| 5. BOGETVEIT Haavard Gutuboe NOR | 0+2 | 2 | 23.47.3 | +46.0 |

| PURSUIT WOMEN 7.5 KM - 2 | | |
|--------------------------|------------------|------------------|------------------|
| 1. STARYKH Irina RUS | 0+0 | 0 | 20.12.1 |
| 2. PIDHRUSHNA Olena UKR | 0+0 | 0 | 20.17.5 | +5.4 |
| 3. GLAZYRINA Ekaterina RUS | 1+0 | 1 | 20.24.7 | +12.6 |
| 4. PORSHNEV Anastasia RUS | 0+0 | 0 | 20.25.5 | +13.4 |
| 5. HOEGBERG Elisabeth SWE | 0+1 | 1 | 20.36.5 | +24.4 |
PERFECT BIATHLON CONDITIONS FOR IBU CUP 2

Ridnaun welcomed all teams to the IBU Cup 2 with very exciting competitions on schedule: super sprints, sprints and mass start 60s and great biathlon weather during the week, all underlined by the IBU Cup live stream.

FIRST SUPER SPRINT On the first competition day, the 30 best women from the super sprint qualification were the first to battle for the win in the traditional Italian venue. Ingerla Andersson of Sweden was fast enough on the final lap to overtake her leading rival and top the podium, adding another victory to her record. Ukraine’s Anastasiya Merkushyna, despite leading after the last shooting, could not keep her advantage and crossed the finish in second. Third place went to France’s junior Lou Jeanmonnot, who took her first-ever senior individual podium.

In the men’s super sprint, BMW IBU World Cup regular Lars Helge Birkeland of Norway finished first despite a penalty loop. Second place unexpectedly went to Italy’s Rudy Zini, for whom the podium became the first-ever in his career. France’s Martin Perrillat Bottonet took the final spot in the top 3. After the finish, Birkeland admitted: “It was my first super sprint ever and I must say that I liked it with the action all the way. Before the last shooting, I was a bit behind, but I took some risks and luckily it paid off!”

THE PLAN WORKED OUT The sprint day brought perfect biathlon conditions: clear skies, almost no wind and comfortable temperatures around 0C. No wonder that there was a lot of perfect shooting, which became crucial for the win. Sweden’s Johanna Skotheim topped the podium in the women’s competition, taking her first career win. Second place went to Russia’s Irina Starykh, who was leading at the final split point but could not keep her advantage until the finish line. Her teammate Anastasia Porshneva
was a little bit slower on the track, but that was still enough for the podium place. Skottheim was very excited after the finish: “I feel super happy after my first-ever win. I was sick and came to Ridnaun later than the rest of the team. I was uncertain about my condition, but I tried to focus on the range and be technical on the track. The plan worked out and this victory means so much to me!”

**DID NOT KNOW HE FINISHED FIRST** An exciting men’s competition took place in the afternoon with a very tight battle for the top spots. A surprising win went to Maksim Varabei of Belarus; having a late start number 120 and knowing the results of his rivals, the Belarusian gave it all on the final lap and crossed the finish line in first. An overwhelmed Varabei admitted, “I gave my all on the final lap and was so tired that when I crossed the finish line I just fell down and didn’t even see that I won!”

**LUCKY VENUE FOR THE WINNERS** The final competition day started with the women’s mass start 60, which saw Porshneva finishing first; this win became her fourth at this venue in the last two seasons. Her teammate Ekaterina Glazyrina crossed the finish in second, while another Norwegian, Haavard Gutuboe Bogetveit, shared third place. A surprising win went to Maksim Varabei of Belarus; having a late start number 120 and knowing the results of his rivals, the Belarusian gave it all on the final lap and crossed the finish line in first. Norway’s Fredrik Gjesbakk came in second, while Alexander Povarnitsyn of Russia and another Norwegian, Haavard Gutuboe Bogetveit, shared third place. An overwhelmed Varabei admitted, “I gave my all on the final lap and was so tired that when I crossed the finish line I just fell down and didn’t even see that I won!”

**SUPER SPRINT FINAL MEN**
1. **BIRKELAND Lars Helge** NOR 0+0+1 0+1 0+1 0+3 16:26.1
2. **ZINI Rudy** ITA 0+1+0+0 0+0+0 0+0+1 +7.5
3. **PERRILLAT BOTTONI Martin** FRA 0+0+0+0 0+0+0 0+0+1 +8.5
4. **SEMENOV Sergii** UKR 0+0+0+0 0+0+0 0+0+1 +9.0
5. **STRELOW Justus** GER 0+0+0+0 0+0+0 1+1 +10.8

**SUPER SPRINT FINAL WOMEN**
1. **ANDERSSON Ingela** SWE 0+0+0+0 0+0+0 0+0+0 14:39.6
2. **MORKUSHTYNA Anastasiya** UKR 0+0+0+0 0+0+0 0+0+0 +1.7
3. **JEANMONNOT Lou** FRA 0+0+0+0 0+0+0 0+0+0 +5.9
4. **MAGNUSSON Anna** SWE 0+0+0+0 0+0+0 0+0+0 +11.3
5. **SHEVNINA Polina** RUS 0+1+0+0 0+0+0 0+0+0 +12.1

**SPRINT WOMEN 7.5 KM**
1. **SKOTHEIM Johanna** SWE 0+0 0 22:26.6
2. **NOTOULI Tania** ITA 0+0 0 22:32.0 +5.4
3. **PORSHNEVA Anastasiia** RUS 0+0+0 0 22:40.1 +13.5
4. **ABRAMOVA Olga** UKR 0+0+0 0 22:42.1 +15.5
5. **HAMMERSCHMIDT Maren** GER 0+1 1 22:57.9 +31.3

**SPRINT MEN 10 KM**
1. **VARABEI Maksim** BLR 0+0 0 26:19.3
2. **GJESBAKK Fredrik** NOR 0+0+0 0 26:23.0 +3.7
3. **POVARNITSYN Alexander** RUS 0+0 0 26:25.2 +5.9
4. **BOGETVEIT Haavard Gutuboe** NOR 0+1 1 26:25.2 +5.9
5. **SEMENOV Sergii** UKR 0+0 0 26:34.4 +15.1

**STARTERS**
- **149 MEN**
- **119 WOMEN**
- **18 MEDALS**

**WEATHER & SNOW SITUATION**
- **12.12.** -1.3°C
- **14.12.** -1.5°C
- **15.12.** -2.5°C

**HARD PACKED VARIABLE**

**MASS START 60 WOMEN 12 KM**
1. **PORSHNEVA Anastasiia** RUS 1+0+1+0 2 34:39.5
2. **GLAZYRNA Ekaterina** RUS 1+0+1+0 2 +11.0
3. **RUNGGALDIER Alexia** ITA 0+0+0+0 0 +18.6
4. **HAMMERSCHMIDT Maren** GER 0+2+0+0 2 +23.9
5. **DEGENTESCH Marion** GER 0+0+0+1 1 +28.8

**MASS START 60 MEN 15 KM**
1. **BIRKELAND Lars Helge** NOR 0+0+0+0 0 37:28.1
2. **REIS Roman** GER 0+0+0+0 0 +6.7
3. **BOGETVEIT Haavard Gutuboe** NOR 0+1+0+0 1 +20.8
4. **NAWRATH Philipp** GER 1+0+0+0 1 +28.6
5. **KRYUKO Viktor** BLR 0+0+0+0 0 +34.9
Later in the day, the winner of the super sprint, Birkeland, was perfect on the shooting range to take the victory in another format that was new for him: the men’s mass start 60. With an exciting and close battle in the final lap, the experienced Norwegian proved to be stronger, crossing the finish in first. Germany’s Roman Rees could not keep the lead he had in the middle of the last loop and took second place. While Birkeland and Rees were fighting for the top spot, another Norwegian-German duo battled for third place; the advantage was on the side of the fast Bogetveit, who left Philipp Nawrath behind to take the last podium place of the IBU Cup 2.

Mariya Osolodkina
Harald Deubert

Mass Start 60 women

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IBU Cup 3 in Obertilliach, Austria, met the teams with cloudy and wet weather, but with windless conditions on the shooting range.

It all kicked off with the short individual competition, a new discipline that was tested last year at the IBU Cup in Arber, for 129 men. Starting the competition with an early start number 4, which became an advantage, World Cup regular Sergii Semenov of Ukraine took the lead after the second shooting and, despite a 45-second penalty at the third bout, held on to the first place until the finish. Another early starter, bib 18 Lucas Fratzscher, missed once at each standing, but due to good speed, he crossed the line in second, taking his second 2nd place in the only two IBU Cup short individuals ever held. Lars Helge Birkeland, who took two wins in Ridnaun with great shooting results, was accurate at the first two shootings but collected an extra 45 seconds at the third and fourth bouts, which saw him finishing third. After the finish, Semenov admitted: “In the morning, I was not sure if I would start at all because I had a bit of a cough. Luckily, I did, and managed to win, so I am really glad about that!”

Later in the day, clean-shooting Stefanie Scherer of Germany finished first in the women’s short individual. Like Semenov in the men’s competition, bib 91 Scherer took the lead after the second shooting and only increased her advantage until the finish. For the young German, who could not qualify...
for the national team for the first international competitions, the IBU Cup season just started in Obertilliach, and started perfectly well at that, with her first-ever win. Second place went to another accurate shooter, early bib 8 Anastasiya Merkushyna of Ukraine. Germany’s Anna Weidel, despite a penalty at the final standing, took the last podium spot.

**PERFECT SHOOTING, PERFECT WIN** Light rain and cloudy skies greeted 127 men for the sprint competition. Taking his early bib 18 as an advantage and finally cleaning all targets, Aleksander Fjeld Andersen of Norway was unchallenged on the track. He finished first, taking his first senior win. While Andersen took his first victory, Paul Schommer of USA, who came in second, took his first-ever podium. Starting with number 5, the American had a perfect competition from beginning to end; with accurate shooting and great speed, Schommer managed to reach the podium. Like his rivals, Germany’s Philipp Nawrath was also perfect on the shooting range, but with later number 36, he was slower on the track, which led to a third-place finish.

**SECOND SPRINT WIN IN A ROW** Later in the day, Johanna Skottheim of Sweden finished first in the women’s sprint, despite one penalty. After the prone,
Johanna Skottheim - SWE

she was only 12th, with an 18.9-second gap from the leader. However, a clean standing moved her up to first place, which she held until the finish line to take her second sprint win in a row. Second place went to her teammate Anna Magnusson, who also missed once at the prone but was accurate at the standing. Unlike her rivals, Anastasiya Merkushyna of Ukraine was in the lead after her first perfect shooting, but a penalty loop after the second bout saw her dropping to third place. Skottheim was one happy woman after the finish: “It feels really good to get the second sprint victory in a row. In Ridnaun, it was kind of a surprise, so this time it feels even better. It’s also awesome to share a podium with Anna – we are a great team, so it was fun!”

THE FINAL DAY The final competition day started with heavy snowfall and the first single mixed relay of the season, which went to Germany with Stefanie Scherer and Lucas Fratzscher, who proved to be the strongest in real winter conditions. Second place went to the Russian team with Anastasiia Porshneva and Alexandr Povarnitsyn, who could not hold on to the lead they had before the final standing. Norway, with Karoline Erdal and Sindre Fjellheim Jorde, took the final podium spot. Fratzscher admitted that the Russian was still close to him after the final standing: “Povarnitsyn was too close for me to be sure that I would win, so I was a little bit nervous. But at the last uphill, I knew that I had a lot of energy, I saw the gap was big enough and understood we would keep the win!” Later in the day, a mixed relay was scheduled to complete the competition program in Obertilliach, but a few minutes after the start, the competition had to be stopped and then cancelled due to severe electrical failure.
BIATHLON XTREME
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The first Australian female athlete in twenty years in the BMW IBU World Cup, Jillian Wei-Lin Colebourn studies mechatronic engineering and has a wish to change the world. But until that time comes, the motivated Aussie is setting her new goals in biathlon and enjoys every opportunity to learn something more for the next competition.

**BIATHLONWORLD** How did this Australian girl find her way into winter sports?

**JILL COLEBOURN** I live in Sydney, Australia and I started downhill skiing when I was three years old because we would go to ski on family holidays every year. My family really enjoyed the snow and the mountains. But I didn’t try cross-country skiing until I was twelve years old. Australia has a multi-sport culture where the children do many sports and it’s not really common for us to commit to just one sport. Though I saw that I was not too bad at cross-country skiing, it is a really big commitment for us living in Sydney because the closest mountain is within six hours of driving from there. When I was sixteen, I asked my parents if I could join a cross-country club. For them it was a big commitment because we were driving six hours one way every weekend to ski for only two days. It was also expensive for us because we had to rent a small apartment in that area for three months before the winter season. My parents are angels. I don’t think every parent would agree to do it, but they did. And I’m really lucky.

**BW** And when did you start with biathlon?

**JC** As a teenager I did a little bit of shooting at the Scouts Club. It’s a club for outdoor activities such as camping, hiking, a lot of activities in the forest and for learning survival skills that is very common in Australia. One of the activities that we did sometimes was shooting. So, when I started to do cross-country skiing, somebody suggested that I
try biathlon and I thought that I could do that because I already did some shooting. At this time, it was still only a winter sport for me, so I wasn’t training only for biathlon, but it started to be something that I wanted to improve and try to do more in the winter. It was like that until I finished school at the age of eighteen when I found a really good coach and decided to try and train all year for this one sport. So, I started with biathlon quite late.

**BW** Have you ever planned to become a professional athlete?

**JC** I think it took maybe four years of real biathlon training, being committed to the sport all year, before I actually saw some results that gave me a thought that this might be for me. And that was only two years ago before I saw these results. So, now I consider myself to be more professional with the sport. But before, it was just something that I enjoyed.

**BW** What does it mean to be the biathlete from Australia, and especially from Sydney, which is so far away from the skiing area?

**JC** I spend a lot of time in Victoria because in that area we have Mount Hotham, which is the main base for the Australian biathlon team where we have the only biathlon range in the whole country. Therefore, I spend two months there every year. It might look special for the European athletes but it’s what we got in Australia.

**BW** Did you spend a lot of time in Europe lately to train and prepare for the biathlon season or do you only train at home?

**JC** Before university I was spending maybe six or seven months in Sydney training and studying, then two months in Mount Hotham for training in the Australian winter and then three months in Europe for the competitions. Summer holidays in Australia last for three months when it’s winter in Europe, so it was really good. The change in the seasons worked really well for me because back then I didn’t have any university commitments and I stayed in Europe for three months doing my competitions and trainings. Last year I spent four and a half months, and this year I will spend nine months in Europe because I organised to do an exchange program in Italy. This way I can stay in Europe longer and do some more summer training. Every year I’m trying to stay in Europe more and more because I believe that some of the facilities there are better.

**BW** Does it work financially to stay away from home for such a long time?

**JC** It’s not that easy. But I have been working as a maths tutor, so I’m able to tutor some children in Australia. I do that by Skype and in this way, I continue working while I’m in Europe or in some other places. So, that’s how I can support myself. But in the last few months I’ve also started working on my university degree and now I also work as an app-developer. I’m very lucky with the online work, so this way I’m able to continue to stay around.
ENGINEERING AND SPORTS ACHIEVEMENTS

BW How did you come to study mechatronic engineering and commerce in university?

JC I really enjoyed maths when I was at school and I’m quite analytically minded. So, when I started to study engineering, I thought it was definitely the right choice for me. I also enjoy teaching a lot but for now I would like to continue learning. My major is mechatronics, which is like robotics. During the studies I got to make some really cool projects and some really cool robots. But it’s long work and a really big commitment. It takes a lot of time and it was quite hard also being an athlete. At the moment I’m working as an app-developer, which is more software engineering, not so much robotics. I really enjoyed robotics, but I think realistically if I want to continue with this life, if I want to continue with sport, software engineering is better for me because I can continue to work online. If I want to try to do something more with robotics, I need to be in an office working with other people to make the robot. I think what I do now is also exciting because I get to make something from nothing, and I get to do some maths and I get to analyse the data, but all online. I do it before training or at night and I get to decide when I work and how I work, which is like a dream for me.

BW Is it hard for you to study and train at the same time?

JC I think it depends on the time of the year. Now I’m not working so much because I need to be focused on the races. But when I’m training and when I was preparing for this season, I was working much more. Sometimes it was easy to organize with my days, but sometimes it was harder if I needed to do meetings with people in Sydney or in India. Because of the time zones, it was a little bit difficult and I realized that sometimes I wasn’t recovering in the best way because I wasn’t sleeping a lot. So, it was a really good lesson for me to learn. For a long time, I’ve had quite good time management because when I was a teenager and I was travelling six hours on the weekend to the mountain, I had to learn how to manage my time and how to do my schoolwork quickly and also well. I think these are some skills that I was able to keep till today which have been very useful.

BW Where do you see yourself in the future, considering your interests and studies?

JC One of my biggest dreams for my engineering career is to help to invent something or help create something that will change people’s lives. It’s quite a big dream, or we can say, a general dream. I thought if I was able to create something that touched everybody and made everybody’s lives easier, if I was able to help a lot of people in some way, then for me that would be absolutely amazing. I’m not sure what exactly that would be, but everything is quite possible nowadays.

“If I was able to qualify for the pursuit in the World Cup, a big dream of mine that I think will take one or two more years, I would be more than happy to achieve that for Australia”
“One of my biggest dreams for my engineering career is to help to invent something or help create something that will change people’s lives”

BW Which field lies in the focus of your interest?

JC I think one of the best ones would be the environment. I’m quite passionate about nature, particularly because I love to be outside and I love to enjoy the mountains, and I don’t like to see the way that humans don’t respect the environment. My field is very technical, so if I don’t continue to work, then I lose the skills as new things are being created and new ways of doing things are being invented. So, I need to continue to work in my field, and when I finish with biathlon, I will already have all of the skills that I need and I will be able to find a job in engineering or in robotics without too much difficulty.

BW What would you like to achieve in biathlon?

JC When I first started biathlon, my biggest dream was to compete at the BMW IBU World Cup level. I think if I was able to qualify for the pursuit in the World Cup, that would be really amazing for me. And I would be more than happy if I was able to achieve that for Australia. At the moment I’m talking in general, because being able to qualify for the pursuit is a big dream of mine that I think will take one or two more years. And then I need to assess my goals again to see what more is possible.

BW How did you experience your 38th place in sprint in Ridnaun in December?

JC That was amazing and very exciting for me. My best result so far and my first Top 40 at the IBU Cup. So, I had my first points. I think as I improve, my results have less impact because I am hungry for more. I was really happy about my best result, but I hope to get better positions soon. Now that I’m in the Top 40 I want to be in the Top 30. And I want to shoot better and faster. I have a lot of small goals that keep me motivated and really hungry. Now I might be able to celebrate the achievements, but I have a lot more steps to go in order to succeed in what I want to achieve.

COLLABORATION WITH THE LOCAL SKI CLUB IN LIVIGNO

BW Have you ever trained with someone from another country?

JC Australian biathlon has a base in Livigno in Italy. So, we’re quite close with the local ski club there. We have spent five years training in Livigno and so I have quite a few friends there now. When we first started this relationship, there were a lot of athletes my age and it was really good to be motivated by them and to see how they train and to be able to train with them all winter.

BW Did you meet your coach Luka Boromolini there in Livigno?
Yes, I met him in my last year of high school. At that time, the Australian biathlon federation asked Luka to coach some of the Australian athletes during the winter of 2013/14. I had just finished school and we connected really well. I felt that he knew what he was doing, that he had a plan, but most of all he was trustworthy. When he showed me the training plan or the shooting plan, I had no doubts in his way of coaching. Very soon at the training camp in Livigno, I asked him to continue coaching me and he’s been my personal coach for six years now.

Does he also maintain your training plan when you are back in Australia?

When Luka agreed to be my personal coach, he would send me the training program and we would have a Skype session every week. I would tell him my feelings about the trainings, my schedule for the university in order to organize the next week. We continued like this and then he was invited to come to Australia and work for Australian biathlon. That time, he organised a big training camp for almost two months in Mount Hotham, where I trained with him and all of the other athletes, also the junior athletes and even children, who wanted to participate in biathlon. Now he is the head coach of Australia.

Did this change in Australian biathlon help to increase interest in this sport?

It has made a really big difference having a good coach available to all of the Australian communities and to bring him to Australia for two months every year. I think that really helped our junior development. We have quite a lot of juniors now competing at the Junior IBU Cup and also at the Italian Cup. I think it’s really good to see them having this opportunity to come to Europe, where they have a base to train with the local athletes and compete at the Junior IBU Cup. What we have now has been quite successful. I think it made a big difference in attracting children’s interest in biathlon and encouraging them to come
to Europe and try themselves in the international competitions. “Having a good coach available to all of the Australian communities has made a really big difference and really helped our junior development”

**BW** Do you speak Italian?

**JC** I speak enough to have a conversation and people can understand what I want to say, but I’m not fluent. I will do my exchange program in Milan, which is only around three and a half hours from Livigno.

**BW** What is your favourite discipline in biathlon?

**JC** For sure the sprint race. That’s what we’re training for the most. I don’t train so much for the individual. But actually, I also enjoy the pursuit race because I like the opportunity to shoot four times instead of only two.

**BW** Not every athlete would say the same, as shooting four times is usually connected with much more stress.

**JC** For sure, it’s more challenging, but it’s also a good experience. I think for me at this moment in my career, I’m looking for all competition experiences. So if I can experience the shooting in a competition with the stress and if I can do that more times, I’m able to learn something more for the next competition. “If I can experience the shooting in a competition with the stress and if I can do that more times, I’m able to learn something more for the next competition”

**BW** What would you call your strongest component in biathlon?

**JC** My best component is my strength of will. I never give up.

**MEDITATION AND TYPICAL AUSTRALIAN ACTIVITIES**

**BW** Does practicing meditation help you with shooting?

**JC** I think every athlete is different, but for me and in my experience, biathlon is just as much a mental sport as also physical. You can only do so much training, but at the end how you’re prepared mentally will decide your result from the race. This is my idea because in my experience if I’m not mentally prepared, not only calm but also focused, I don’t have good races. I find that meditation helps me to firstly just not worry about the things happening around me. I try to have an empty mind or just to think about myself and what I need to do, how I need to ski and shoot. These things are very basic, but they keep you occupied and not thinking about the other things like results or something that you can’t change. Because I can’t change the weather or how other athletes are performing. Meditation keeps me focused on myself and on the present. I try not to think about the past and also not to think about the future. Just because I had a bad race yesterday doesn’t mean that I will have a bad race today. Or just because I had a good shooting the first time does not mean that I’ll have a good shooting the second time. I need to be focused only on now.

**BW** What are your hobbies outside of sports?

**JC** I like to be outside the most. I really love to hike, and I also enjoy hiking in the mountains in Europe. I did a trip to Nepal and I hiked around the Himalayas which was amazing, one of my best experiences. I also started mountain biking recently and I really love it as well.

**BW** Is there anything typically Australian among the things you like to do?

**JC** If I try to think of something typically Australian that I like to do, I come to a thing which is not really an activity. I love to eat eggs for breakfast. I think that’s something very Australian. I have three eggs almost every day or every second day and I can have them for breakfast, lunch or dinner. It was the first thing that I learned how to cook. Omelette, scrambled eggs, boiled eggs - any type and I love it. But to be more serious, I think my favourite thing is hiking or mountain biking. That’s something that I have probably got from Scouts when I was young and spent a lot of time outside, learning some survival skills and camping. My favorite holiday looks like that: you take a car, drive around camp. This way I’ve been to New Zealand and spent two weeks driving all around Tasmania island just sleeping in a tent. I think I showered two times there and was just running in the national parks and hiking. That was my favorite holiday that I spent together with my boyfriend.

**BW** What kind of news do you enjoy following?

**JC** To be honest, I don’t follow politics too much and I would prefer to hear news about technology.

**BW** How often do you see your family?

**JC** My parents come to Europe maybe every year or every second year. They come to see me compete at a big competition. Last year they saw me at the IBU World Championships in Oestersund and they really enjoyed that, as it was their first time at the really big biathlon competitions. My mother is a bit disappointed that she couldn’t see me at the World Cup in Hochfilzen, but they have organised to come and do a trip in Europe. They will come in February to see me at the World Championships in Antholz, which I think will be a super experience for them. And then they will stay in Italy for six months because my mother is learning Italian.

**BW** Does this mean that you don’t celebrate Christmas at home?

**JC** For us, Christmas is quite a normal day. We could do training or skiing. Maybe we have dinner together, but it is quite a normal day for us. This year, the entire Australian biathlon team and some people who decided to come to Europe will spend Christmas in Livigno.

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**Evgeny Tumashov**

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**Jillian Wei-Lin Colebourn - AUS  IBU PERSONALITIES**

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**Ivanna Nikolskaya**

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**Evgeny Tumashov**
In the individual and relay competitions, the Swiss athletes showed that they are already in top form this early in the season and ready for their home IBU Youth/Junior World Championships in Lenzerheide.

For the juniors, the 2019/2020 season began with a big bang: Only one meter after her start, Kazakh Elena Bondarets broke her ski pole. Things went much better for German Lisa Maria Spark. Only one penalty in the final shooting earned her first place in the individual, 22.7 seconds ahead of Amy Baserga from Switzerland. The podium was completed by Beatrice Trabucchi, who shot clean. After the race, Spark spoke of a “perfect race, which I had not expected”.

The IBU Junior Cup was the last of the three IBU series to start into the new season on the newly designed track in Pokljuka, Slovenia.

In the second race of the day, the junior men took to the World Cup track. After 15 km of skiing and four bouts of shooting, Swiss Niklas Hartweg won with one penalty,
1:37 min ahead of Daniil Serokhvostov. Serokhvostov secured his first podium place in his first race in the IBU Junior Cup. He beat Max Barchewitz from Germany in the blink of an eye by .8 seconds. A promising opening day for the new season.

On the following training day, snow turned Pokljuka into a winter wonderland. With lots of sunshine and blue skies, the next day offered ideal conditions for the sprint-

ers. Despite a penalty and a “not so good feeling on the track”, Amy Baserga again made it to the podium, but this time in first place. Second place, also with one penalty, went to Paula Botet from France, for whom it was the best career result so far. Franziska Pfnur from Germany also had reason to be happy: She had not yet been
After the men’s sprint, the podium was rather crowded: Almost the entire Italian team celebrated the first Junior Cup victory of 19-year-old Didier Bionaz. Although both Julian Hollandt and Niklas Hartweg shot clean, he secured the victory. It was a dramatic final loop for Niklas Hartweg. He crashed and lost any chance to win. Despite the crash he crossed the finish line in third place, only 9.1 seconds behind the winner, which goes to show how fast he really was.

On another picture-postcard day with bright sunshine and blue skies the relay teams set out for the last competition day in Pokljuka. On this day, history was made: 29 teams participated in the single mixed relay. Never before had more nations had participated in this competition. Amongst others, the sibling duo Ukaleq Astri and Sondre Slettemark was the first relay team ever from Greenland to start. Youth World Championship winner Ukaleq Astri even handed over to her brother in first place, ultimately finishing 13th, with France, Slovenia and Italy taking first, second and third place.

The junior mixed relay was marked by early changes in the lead and a furious catch-up race by the Swiss team, who even managed to secure victory in the end. Again involved: Baserga and Hartweg. Tim Gro-tian from Germany ran a strong final lap, securing second place for the German team ahead of Russia. 

**Individual Junior Women 12.5 KM**

1. SPARK Lisa Maria | GER | 0+0+0+1 | 40:07.6
2. BASERGA Amy | SUI | 0+0+2+0 | 40:30.3 | +22.7
3. TRABUCCI Beatrice | ITA | 0+0+0+0 | 40:31.1 | +23.5
4. VINKLARKOVA Tereza | CZE | 0+1+0+0 | 41:05.1 | +57.5
5. DOVGYA Ksenia | RUS | 0+1+0+0 | 41:07.1 | +59.5

**STARTERS**

120 Men
140 Women
36 Medals
35 from 59 National Federations

**WEATHER & SNOW SITUATION**

- 12.12. | -3.1°C
- 14.12. | -6.7°C
- 15.12. | -2.7°C

**Sprint Junior Women 7.5 KM**

1. BASERGA Amy | SUI | 0+1 | 25:40.1
2. BOTET Paula | FRA | 0+1 | 26:06.0 | +25.9
3. PFNEUER Franziska | GER | 0+0 | 26:21.1 | +41.0
4. PASSLER Rebecca | ITA | 1+0 | 26:24.3 | +44.2
5. MUELLER Luise | GER | 0+0 | 26:26.6 | +46.5

**Sprint Junior Men 10 KM**

1. BIONAZ Didier | ITA | 0+1 | 28:51.3
2. HOLLANDT Julian | GER | 0+0 | 28:58.4 | +7.1
3. HARTWEG Niklas | SUI | 0+0 | 29:00.4 | +9.1
4. SEROKHVOSTOV Daniil | RUS | 1+2 | 29:07.4 +16.1
5. GRO-TIAN Tim | GER | 1+1 | 29:17.2 | +25.9

**Single Mixed Relay (W+M)**

1. FRANCE | BOTET Paula, MAHON Sebastien | FRA | 0+8 | 41:57.1
2. SLOVENIA | VINDISAR Nika, CISAR Alex | SLO | 0+10 | 42:25.8 | +28.7
3. ITALY | PASSLER Rebecca, MOLINARI Michele | ITA | 0+6 | 42:41.5 | +44.4
4. GERMANY | PFNEUER Franziska, HOLLANDT Julian | GER | 0+7 | 42:54.4 | +57.3
5. RUSSIA | PONEDELKO Ekaterina, MIJAKONKIJ Aleksandr | RUS | 0+6 | 43:40.4 | +143.3

**Mixed Relay (W+M)**

1. SWITZERLAND | MEIER Lea, BASERGA Amy, FRAVI Laurin, HARTWEG Niklas | SUI | 1+8 | 1:14:22.6
2. GERMANY | SPARK Lisa Maria, BRAUN Sabrina, BARCHWITZ Max, GRO-TIAN Tim | GER | 2+7 | 1:14:32.8 | +10.2
3. RUSSIA | KHALUJULINA Anastasia, DOVGKYA Ksenia, SEROKHVOSTOV Daniil, ISTAMGUIOV Vladim | RUS | 2+8 | 1:15:10.4 | +47.8
4. FRANCE | BOUCAUD Laura, BARTHELEMY Thais, MUEUNIER Ambroise, MONNEY Pierre | FRA | 1+8 | 1:15:19.5 | +56.9
5. CZECH REPUBLIC | SUCHA Petra, VINKLARKOVA Tereza, MIKYSKA Tomas, KOCIAN Jakub | CZE | 0+8 | 1:15:44.2 | +121.6

Individual Junior Men
GREAT ACHIEVEMENTS AT HIGH ALTITUDE

SWISS CONTINUED TO DOMINATE

The biathlon complex at the end of Martell Valley lies an altitude of 1,700 meters. A total of six competitions took place in six days. In the beginning, the weather conditions were not quite wintry: Martell greeted athletes with mild temperatures of up to five degrees Celsius.

Every now and then, there was also a little rain. Only on Friday it got colder and a light sleet set in, until 25 cm of fresh snow turned everything into a winter wonderland on Saturday - the conditions were not easy for the organizers and athletes, but everyone knew how to deal with it.

The most impressive traces in the snow were once again left by the Swiss junior team with six podiums in six competitions. The competitions started with the single mixed relay and the mixed relay on Wednesday. The Swiss duo was in charge right after the first shooting. With a total of eight extra shots, Niklas Hartweg and Lea Meier finished 3.7 seconds ahead of the Italian team, who needed nine spares. The German team finished third, 17.5 seconds behind the winners, with a total of three spares. The mixed relay started immediately afterwards. In the end the French, not the Swiss, dominated this competition. Despite one penalty and five spares, they relegated their competitors from Italy (+ 2:08.0) and Germany (+ 2:49.2) to second and third place.

The individual races were held on Friday and Saturday and they were also dominated by the Swiss junior team. The women were first to start in the 7.5 km sprint. Daria Gembicka from Poland surprised the spectators with a sprint victory: Thanks to an outstanding performance on the track and only one penalty, she beat second-place Amy Baserga who shot clean and Lea Meier, also with one penalty, who finished third. Still, Baserga and Meier managed to win two spots on the podium for Switzerland. The gaps for the 10 km pursuit were extremely short. Since Lea Meier did not start in the pursuit, Anastasia Rasskazarova from Ukraine was the third junior at the start of the pursuit. The Polish and the Swiss started the race within one second. One thing became clear straight away: These two would turn this race into a duel. Gembicka and Baserga had two perfect prone shootings; only in the first standing, they both had
Daria Gembicka - POL
to go to the penalty loop – twice. In the end Baserga was too strong on the tracks and finished 35.7 seconds ahead of Gembicka. Paula Botet from France, who had come in seventh in the sprint, finished third with four penalties. So far Baserga, has scored 57 out of 60 possible points per competition and is one of the favorites for the IBU Youth/ Junior World Championships in Lenzerheide.
The same goes for Niklas Hartweg from Switzerland: After two IBU Junior Cups, he has already scored 55.5 of 60 possible points. The 10 km junior men sprint was dominated by the Italians for a long time. Things became really exciting again with bibs number 70 and
83. Swiss Hartweg and Guillaume Desmus from France cleared twice and had nearly the same ski time, but Hartweg had the better end to himself. He won 4.8 seconds ahead of Desmus and 19.5 seconds ahead of Tommaso Giacomel from Italy. Again, the gaps for the 12.5 km pursuit on Saturday were very small. This time, however, there was no Swiss victory: Giacomel and Hartweg gave the audience quite an exciting race with three penalties each. In the end, the Italian celebrated a home victory and shared the podium with Hartweg in 2nd place and his teammate in 3rd place.

When all was said and done, Martell had provided exciting competitions for everyone, and we can be curious to see what will happen in 2020.

Hanna Knopf

Podium Junior Mixed Relay
IN THE NEXT ISSUE OF BIATHLONWORLD MAGAZINE:

**IBU EVENTS**
- **BMW IBU WORLD CUP TRIMESTER 2**
- **MASTERCING THE CYCLE TRIMESTER 2**

**IBU FEATURE**
- **IBU WCH 2020 PREVIEW**

**IBU PROFILE**
- **TIRIL ECKHOFF**

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**FEELING GREAT FROM THE INSIDE OUT**

#ZEROEXCUSES

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