



ASK MEET WATCH INSPIRE

"I AM AN EXAMPLE,
NOT A HERO.
I SHOW YOU A MINDSET
BASED ON REAL PHYSICAL &
MENTAL EXPERIENCE TO
ACHIEVE. NO MIRACLES.
THE BIGGEST DRIVE IS IN
YOU. NEVER STOP
EXPLORING THIS WAY
TOWARDS INSIDE.
I WANT TO ENCOURAGE YOU

AND MAKE YOU BELIEVE,
THAT YOU CAN REACH
YOUR GOALS TOO.

WITHOUT BULLSHITS,

AS AN ATHLETE »

NATIONAL RECORD - 1200 KM BLUE LINE TOUR

10 X SPARTATHLON (GREECE, 246 KM, 5TH IN 2019)

6 X KORINTHOSZ 81 KM (1st PLACE IN 2015 & 2018)

5 X ULTRABALATON (HUNGARY, 220 KM)

4 X OLYMPIAN RACE (GREECE, 180 KM, 1ST IN 2021)

4 X IRONMAN

2X SAKURA MICHI (JAPAN, 250 KM)

2 X IMMORTALS' RACE (GREECE, 142 KM, 2ND IN 2021)

1 X ULTR'ARDECHE (FRA, 222 KM, 1.ST IN 2022)

1 X EUCHIDIOS ATHLOS (GREECE, 217 KM, 2ND IN 2017)

1 X THEAGENIOS (GREECE, 104 KM, 1ST IN 2022)

1 X BERLIN WALL 160 KM

50 KM NATIONAL CHAMP 2ND PLACE

THERMOPYLAE-SPARTA (420 KM, 2022)

DOZENS OF MARATHONS (PB 2:47:49)

NO GIVEN-UP RACES

AS A CREATIV FREELANCER »

38 YEARS - VOICE ARTIST

30 YEARS - ADS & COMMERCIALS

20 YEARS - FILM INDUSTRY

18 YEARS - PHOTOJOURNALISM

12 YEARS - IMPRO-THEATER ACTOR

3 MASTER DIPLOMAS

1 P_HD

7 PODCASTS AS A HOST, CREATOR

4 KIDS

1 BLOG SINCE 2012



FORMS

FROM 15 TO 90+ MINUTES PRESENTATION O&A / UNORTHODOX COACHING / WORKSHOP OR CONNECTED WITH ULTRA FILM SCREENING

LANGUAGES

HUNGARIAN / ENGLISH

REFERENCES

PRESS COVERAGE: 200+ ARTICLES 50+ PUBLIC SPEAKING PERFORMANCES













































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" STORY BEHIND ONE OF THE MOST CHALLENGING FOOTRACES EVER, THE 246-KILOMETER-LONG SPARTATHLON."

/ FORBES /

" SHOCKING, HEARTBREAKING, AND ALSO VERY FUNNY. " / HVG /

" SUCCESS IS DOING WHAT YOU LOVE, EVEN IF IT TAKES TIME, BUT LASTS LONG." / BUSINESS CLASS /

" AN INSIGHT INTO PROBABLY THE TOUGHEST SELF-KNOWLEDGE TRAINING. "
/ WE LOVE BUDAPEST /

" HUMANIST, NATURAL, TOUCHING." / INDEX /

" YOU MAY UNDERSTAND WHAT MAKES SOMEONE TO STRUGGLE AND RUN FOR MANY YEARS TOWARDS AN UNREACHABLE GOAL."





