



Rodolphe Alexandre Von Berg - ITA

Gender: Male

Athlete Year of Birth: 1993

Athlete Place of Birth: Columbus (GA), USA

Athlete Weight: 65kg

Athlete Height: 1m86

Athlete Lives: Italy

Website: <http://www.rodolphevonberg.com>

Current WTS Ranking: No Ranking



Athlete Biography

As far as I recall, I have always been attracted to action and movement. I could not stay still, I did not like to sit down, I had to move and do something constantly. Naturally, I followed the path of physical activity by participating in many different sports, such as football, tennis, running, swimming, biking, basketball, skiing, or track & field. My first triathlon was the Antibes Triathlon in May 2004 where I was 10yrs old and it was also my first victory. But I had been swimming, biking & running since the age of 7. I think what triggered my attraction to triathlon was a trip to Kona in 1998 where my father, one of the pioneers of triathlon in his country, Belgium, went on to win his 40-44 age group in the Hawaii Ironman. I remember finding that extraordinary. Then, as a kid, I believe I unconsciously followed his example and then it became, little by little, a very personal choice. For many years, I was a member of clubs in most of the sports mentioned above. As they say, I was a “natural” in sports. Growing up, I finally had to make choices in order to become very competitive in one or two fields instead of remaining simply good or even very good in all of them. So I chose triathlon. As a first-year Junior in 2011, I have been selected by the Italian Junior National Team and finished 6th at the Duathlon Worlds in Gijon. After having passed with Honors the French Baccalauréat ES with a GPA of 15/20 last June, I had decided this last winter to take a one year sabbatical and go to train full time with Warwick Dalziel’s squad in Brisbane, Australia from where I just returned. It was an enriching experience even though, training-wise, all did not go very well. I improved my swimming which was profitable. On the bike and run however I did not improve as much as I would have wanted. Back from Australia, the results of two Lab Maximum effort tests were not where I expected them to be at this time of the season. Not being in AUS anymore I changed coach in April 2012 after the European Champs in Eilat where my objectives were to “play” the podium. I wasn’t in shape and I did poorly. The second big objective was the World Triathlon Championships in Auckland. I will also participate in several Tristar111 where, after my great 2nd place at the Tristar111 Monaco, I have had the privilege to be chosen as Tristar Ambassador. Since my return from Downunder, I have been working hard on my bike, mainly through racing, and I am getting back to a higher level. My running is also improving well. Proof of it, I just won the Tristar55.5 Cannes and finished 5th in the Vienna Junior Cup. In 2013, I intend to pursue my studies at an American university while continuing my triathlon career. Long term, my goals are the 2016 Olympics in Rio.

Athlete Sponsors: Biemme, Camaro, Deda Elementi, Powerbar, Tristar, Zoot

Athlete Language: French, English, Italian

Athlete Tri Entry Year: 2004

Athlete Other Sports: alpine ski, cycling, tennis

Athlete Education: French BAC ES with Honors (15/20)

Athlete Hobbies: cinema, reading, music

Athlete Sports Hero: Lance Armstrong, Craig Alexander

Athlete Proudest Moment: 2nd place at Tristar111 Monaco in 2011

Athlete Coach: Andrea Gabba

Major Games Results

This athlete does not have any Major Games Results

Recent World Triathlon Series Results

This athlete does not have any recent World Triathlon Series Results

World Championship Medals

Date	Event Name	Position
22/09/2012	2012 Nancy ITU Duathlon World Championships (4xMixed Relay Junior)	1

0 World Cup Wins

This athlete has not any World Cup Podiums