**Race Report: EX SwimRun**
**24–25 May 2025 – Stockholm, Sweden**

What a weekend it was at the EX SwimRun! Compared to last year, conditions were significantly tougher, with air and water temperatures more than 10°C lower. Athletes and organizers alike were tested by cold water, strong winds, and choppy waves throughout the event.

The EX organization team—Nicholas, Elisabeth, and Per—handled the challenging circumstances with impressive professionalism. They made swift, overnight course adjustments to ensure participant safety, adapting swim sections on short notice. Despite the extreme weather, the dropout rate remained remarkably low, reflecting both the resilience of the athletes and the competence of the organizing team. A big round of applause to everyone involved!

**Saturday – Supersprint World Championships**

The weekend kicked off with the EX SwimRun Supersprint World Championships, an exciting and fast-paced eliminator format featuring time trials, heats, repechage rounds, semifinals, and finals. The course, though short with just 1,000 meters of running and 200 meters of swimming, proved brutally intense under the harsh conditions.

Athletes battled lactic acid build-up, freezing water, and a punishing final climb on stiff legs. The competition was fierce, with a world-class field of SwimRun and open water champions.

In the men's final, Spain’s **Ignasi Gironès** narrowly edged out **Viktor Dahl** and **Jonathan Gunnarsson** in a nail-biting finish.
In the women’s race, **Susie Moonan** claimed victory, followed by **Sabina Rapelli** and **Tyra Östberg**.

**Sunday – Classic EX SwimRun Race**

Sunday brought slightly calmer winds but even colder water, hovering around 11°C. The swim legs were shortened slightly, but strong currents and frigid temperatures made them especially challenging.

Saturday’s top two finishers, **Ignasi Gironès** and **Viktor Dahl**, teamed up for the first time ever and took on the main race together. The pursuit start format added extra drama, as teams were sent off at timed intervals, chasing one another down. Gironès and Dahl worked seamlessly, overtaking team after team to finish first overall in 2:30:46. It was particularly encouraging to see Viktor Dahl—2021 Mixed World Champion—make such a strong comeback after injury.

The women’s race was a thrilling showdown between two elite teams packed with former World Champions. The drama was heightened by a five-minute staggered start between the top contenders.

**Team Sweden 3**, with **Susie Moonan** (2nd at Worlds 2019) and **Marika Wagner** (World Champion 2015), were chased by **Team Anna & Saby**, featuring **Anna Hellström** (World Champion 2023) and **Sabina Rapelli** (World Champion 2024). The athletes, many of whom had raced successfully together in the past, knew each other’s strengths well—making for a tactical and physical battle across the course.

Ultimately, **Team Anna & Saby** overtook Team Sweden 3 and finished as the second team overall. A stellar performance!

We’ll be cheering on **Team Sweden 3** soon as they take on the legendary **One Water Race**—a 66-hour odyssey that several of the weekend’s top athletes are also tackling.

**Friday – 5K Newbie Race**

The event began on Friday with a 5K race, featuring almost entirely newcomers to SwimRun. What a joy to see so many, especially young athletes, discovering the sport! The energy and enthusiasm were contagious.

**Saturday – 14K Middle Distance**

The 14 km middle-distance race also proved to be a true challenge and drew several international champions. Notable performances came from **Richard Stannard** and **Sarah Richardson** from the UK, and **Maciej Kubiak** from Poland.

**Final Words**

Massive respect goes out to all athletes and the EX organizing team for managing such a complex and demanding event with excellence. The challenging conditions did nothing to dampen spirits—despite a few blue lips, smiles were everywhere.

**Full Results:** raceid.com/de/races/13097/result