

Ágnes Gömörý

ATHLETE CARD

Elite Spartan & HYROX Athlete
Longevity • Keto • Performance

Who I Am

I am a European elite and age-group Spartan athlete and HYROX Pro athlete focused on endurance performance, longevity, ketogenic nutrition, intermittent fasting, and metabolic health. I combine elite-level competition with education and content creation around performance optimization and healthy aging.

Career Highlights

Spartan Sprint World Champion AG
(2025, Hvar, Croatia)

2x Spartan AG European Champion
(2023 Andorra, 2024 Kaprun,
Austria)

Multiple Elite Spartan podium
finishes

Qualified for the 2026 HYROX World
Championship in Stockholm

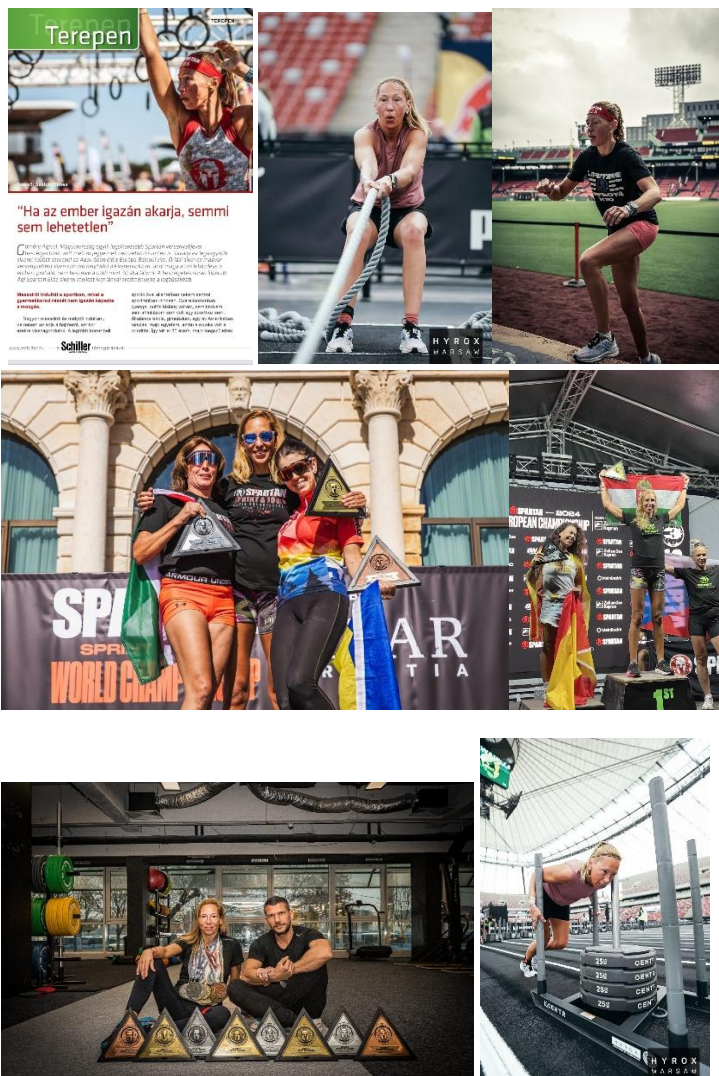
Widely recognized within the
European Spartan and HYROX
communities

Professional & Personal Background

I am a 40+ athlete, nutritionist specializing in female and sports nutrition, single mother, and full-time professional, balancing elite-level training with career and family life. I train seven days a week across multiple disciplines including running, trail running, strength training, swimming, biking, and HYROX-specific conditioning.

Contact agnes.gomory@gmail.com

Built through discipline. Driven by passion. Focused on performance and longevity.



Media & Audience

My social media platforms focus on sports performance, longevity, fasting, ketogenic nutrition, recovery, and functional fitness.

Instagram: @agi_il_g

YouTube: @ÁgnesGömörý

YouTube focus: Longevity • Keto • Sport • Fasting

Audience: European OCR, HYROX, longevity, and performance communities