Ágnes Gömöry
ATHLETE CARD

Elite Spartan & HYROX PRO Athlete

HYROX RACE READY certified/ UESCA Running Coach

Nutritionist/Sport nutrition/Female Nutrition

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/AG Spartan podium finishes

Qualified for the 2026 HYROX World Championship in Stockholm

HYROX OPEN and PRO athlete

HYROX Head Judge Team Italy, Team North America

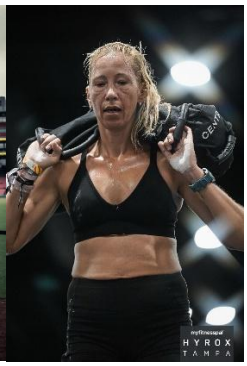
SPARTAN 100m OC referee, Spartan Sprint, Super, Beast and Ultra referee

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: @ÁgnesGömöry
YouTube focus: Longevity • Keto • Sport • Fasting
Audience: European and North American OCR, HYROX, longevity, and performance communities
http: fitlfip.hu