

Adam Ondra takes silver from the combined format at the IFSC Climbing World Championships

Prague/Innsbruck, September 17, 2018 – Yesterday evening Adam Ondra won a silver medal in the Olympic Combined Format at the the IFSC Climbing World Championships in Innsbruck. It was his second medal at this Championships. He won silver in Lead last week.

The Olympic Combined Format when the athletes compete in all three disciplines (lead, bouldering, speed) at once was introduced at the World Championships for the very first time. It was the last competition of the WCH. It is the format which will be used also in Tokyo at the Olympics in 2020.

Only six athletes entered the finals after they all competed in the individual disciplines in the previous days. The results from the individual competitions were multiplied and those with the six best results entered the combined finals. Ondra went into the finals from the fifth place.

The Combined Format started with Speed, then bouldering and ended with Lead. Here is what Ondra said about the competition:

“We started with Speed. I did pretty much as best as I was able to. Unfortunately, or for me kind of fortunately, Tomoa Narasaki had a bad start and I moved from the last position to the fifth.

Then there was bouldering, and well, that’s like a roulette. They built easier boulders this time and hard on coordination. I was lucky to top all three even though in more tries than Jakob Schubert from Austria. But still I was glad to top them all as I did not feel very confident about the third boulder at all. The fact that I managed to do pretty well in this bouldering competition reassured me a bit for the next year competitions. Though I still have a lot to work on in this new parkour style.

The last came Lead which I was really looking forward to. It was a bit of satisfaction for me to make up for the Lead competition where I messed up a bit and ended second after Jakob Schubert. This time I managed to climb few moves higher than Jakob.

All in all, I took second place in the Combined Format which I am very happy with. Even third place I would consider a good result. Most importantly I am happy I did well in “my” disciplines in the Combined competition which are Lead and Bouldering.

The IFSC Climbing World Championships ended yesterday, and Adam Ondra is going back to climbing on rocks. He is going to the Yosemite Valley this fall and wants to attempt to try *Salathé* on-sight and hopefully in about 12 hours.



ADAM ONDRA

Adam Ondra (25) is a professional rock climber from the Czech Republic and one of the best climbers in the world. At 12, he ranked amongst the top world climbers and he has been there ever since. In 2009 he entered the adult competitions and since then has won many significant competitions such as medals from the World Championships and World Cup for lead climbing and bouldering.

Apart from competitions, Adam Ondra also focuses on outdoor rock climbing. In the last few years he has been know for climbing difficult routes with the highest climbing grades. Among these are: Change (9b+) in Flatanger, Norway which he climbed in 2012 and which was the first route ever to receive a proposed grade of 9b+. Then La Dura Dura (9b+) in Spain, Vasil Vasil (9b+) in the Czech Republic, La Capella (9b) in Spanish Siruana, and Chaxiraxi in Oliana (9b). For all these routes Adam did first ascent. Last but not least, in September 2017, Adam Ondra finished his project in Norway of Silence, the world's first 9c.

In 2016 Adam repeated the legendary Dawn Wall in a very short time of 8 days. So far, Adam has climbed thousands of routes, 140 at the grade of 9a and higher.

Website: www.adamondra.com

Official FB: www.facebook.com/adamondraofficial

Official IG: [@adam.ondra](https://www.instagram.com/adam.ondra)

Official YouTube: www.youtube.com/AdamOndra

ADAM ONDRA & MEDALS FROM WCH

DISCIPLINE	2009	2011	2012	2014	2016
LEAD	silver (WCH Si-ning)	bronze (WCH Arco)	bronze (WCH Paris)	gold (WCH Gijón)	gold (WCH Paris)
BOULDERING	-	silver (WCH Arco)	-	gold (WCH Munich)	silver (WCH Paris)