

JONAS DEICHMANN



Athlete and Adventurer Six-time World Record Holder

Jonas Deichmann is an adventurer, extreme athlete and multiple world record holder. Jonas has achieved several times what no one before him has ever managed: after completing 120 Ironmen around the world, he made history again in 2024 by completing the Ironman distance in 106 consecutive days.

Jonas Deichmann (*1987) grew up in Pforzheim. After studying international business, he worked as a sales manager for a Swedish IT company before setting up his own company, Jonas Deichmann Adventures, in 2018.

In 2017, the extreme sportsman and adventurer travelled more than 14,000 kilometres in 64 days from Cabo da Roca in Portugal to Vladivostok in Russia, setting two world records in the process. From August to November 2018, Jonas Deichmann covers the roughly 23,000-kilometre route from Prudhoe Bay in Alaska to Ushuala in Tierra del Fuego in 97 days, setting another world record. The following year, he undertakes another record-breaking journey from the North Cape to Cape Town in 72 days. He completed the 18,000-kilometre journey 30 days faster than the previous record holder.

In preparation for his triathlon around the world, he completed a triathlon around Germany in 31 days in July 2020. On 26 September 2020, he set off in Munich for his biggest adventure to date: a triathlon around the entire world. Jonas Deichmann crossed the Alps from Munich by bike, swam across the Adriatic Sea in 54 days and set the record for the longest swim distance without an escort boat. Although border closures, extreme temperatures and the Covid 19 pandemic have hampered his undertaking, he successfully completed his circumnavigation on 29 November 2021. In 2023, he completed a double crossing of the USA (Trans America Twice): From New York, he cycled around 5,500 kilometres to Los Angeles and then ran back to New York. The following year, he completed the Ironman distance 106 times in 106 consecutive days, setting another world record.

As a keynote speaker, he shares his inspiring stories and unwavering optimism with his audience and fascinates with his accounts of his incredible projects. He manages to transfer extreme sports and adventure to personal and professional challenges with ease.

Topics (Selection):

- The limit is me - Triathlon around the world
- Setting and achieving goals
- Dealing with setbacks