

Overview of iztok-jr-fister.com website

Iztok Fister Jr.

December 1, 2016

AIM OF WEBSITE

Website **iztok-jr-fister.com** was my first personal website. It was published in 2008 and served primarily for sport purposes, since I was at the beginning of my triathlon career. The website was, therefore, intended to present me, my sport background and recent race reports, including gallery. Additionally, it also helped me to find sponsors and supporters, whom I could promote later on the website. Bike equipment shops were especially positively satisfied, so we were able to sign Contracts. The Internet was a bit different in 2008 and each promotion of sponsors & supporters, as well as their products, were much more important than nowadays (because of the many cheap advertisement plans available today). The website was well visited and generated a lot of traffic. Most of the visitors came from Europe and Asia.

SPECIFICATIONS

Operating system	NetBSD
Web server	Apache
Network	Home based server on ADSL
Programming language	PHP
Additional software packages	MySQL, ImageMagick, e107 CMS, Coppermine Photo Gallery

SCREENSHOTS



Main Menu

- [Domov](#)
- [Osebna predstavitev](#)
- [Moja XTERRA zgodovina](#)
- [Moja IRONMAN 70.3 zgodovina](#)
- [Moja IRONMAN zgodovina](#)
- [Ostale tekme, dogodki](#)
- [Kontakt](#)

LOVEMAN Bled

Iztok, Monday 18 October 2010 - 19:50:36 // comment: 0

Na Bledu sem končal Lovemana s časom 4 ur 28 min.

IRONMAN 70.3 Wiesbaden

Iztok, Monday 18 October 2010 - 19:42:41 // comment: 0

TOTAL SWIM 1.9 km (37:01) 1:56/100m
 TOTAL BIKE 90 km (2:43:39) 33.00 km/h
 TOTAL RUN 21.1 km (1:30:38) 4:17/km 100 16
 OVERALL 4:57:10

IRONMAN Klagenfurt

Iztok, Monday 18 October 2010 - 19:38:13 // comment: 0

V Celovcu sem končal IRONMANA s časom 11 ur 41 min.

Powerman Holland

Iztok, Friday 30 April 2010 - 23:43:54 // comment: 0

Na evropskem prvenstvu sem v kategoriji 20 - 25 let dosegel 4. mesto.

Fotogalerija

Iztok, Friday 30 April 2010 - 23:42:45 // comment: 0

V fotogalerijo smo naložili nekaj novih slik.

Večja tekmovanja v letu 2011

46days 13hours
57min 1sec
 Aviva *IRONMAN 70.3*
 Singapore

107days 12hours
57min 1sec
 IRONMAN Lanzarote

RSS Feeds

Our news can be syndicated by using these rss feeds.

Go to page

2008-2010





Main Menu

- [Domov](#)
- [Osebna predstavitev](#)
- [Moji maratoni](#)
- [Moja XTERRA zgodovina](#)
- [Moja IRONMAN 70.3 zgodovina](#)
- [Moja IRONMAN zgodovina](#)
- [Ostale tekme, dogodki](#)
- [Športna oprema](#)
- [Sponsorji](#)
- [Kontakt](#)
- [Fotogalerija](#)

Osebna predstavitev

Osebna predstavitev

DATUM ROJSTVA: 15.4.1989

VIŠINA: 173, 5 cm

TEŽA: 60 - 70kg

LET V TRIATLONU: 2

LET V KOLESARSTVU: 8

ŠTEVILO TEKEM V KARIERI: preko 100

NAJVIŠJA DOSEŽENA HITROST NA KOLESU: 120 km/h na treningu

NAJDALJŠI PLAVALNI TRENING: 10 km

NAJDALJŠI KOLESARSKI TRENING: 300 km

NAJDALJŠI TEKAŠKI TRENING: 50 km

NAJVIŠJI DO SEDAJ ZABELEŽENI SRČNI UTRIP: 215 udarcev na minuto (2003)

Moja športna pot se je začela leta 2001, ko sem začel trenirati kolesarstvo v KK Tropovci. Moj prvi učitelj in trener je bil Dalivoj Titan, ki mi je dal veliko kolesarskega znanja. V Tropovcih sem nekaj let treniral tudi s šampionom Simonom Špilakom.

Leta 2006 sem prestopil v TBP Lenart, kjer sem treniral pod vodstvom Andreja Petroviča.

Vsa ta leta sem se kalil na dirkah po Sloveniji, Italiji, Avstriji, Madžarski, Slovaški in na Hrvaškem.

Po končani kolesarski karieri leta 2007, sem začel trenirati triatlon. Z nasveti in bogatimi izkušnjami mi je v veliko pomoč prijatelj Nino Cokan.

Največ treniram skupaj s svojim mlajšim bratom Dušanom, ki me vedno spremlja na dirkah in je moj osebni maser.

Personal presentation

DATE OF BIRTH: 15.4.1989

HEIGHT: 173, 5 cm

WEIGHT: 60 - 70 kg

YEARS IN TRIATHLON: 2

YEARS IN CYCLING: 8

RACES IN CAREER: more than 100

HIGHEST SPEED ON BIKE: 120 km/h on training

THE LONGEST SWIM TRAINING: 10 km

THE LONGEST BIKE TRAINING: 300 km

THE LONGEST RUN TRAINING: 50 km

THE BIGGEST HEARTH RATE: 215 hearth rates in minute (2003)

My sport career started in 2001, when I started to train cycling in KK Tropovci. My first teacher and trainer was Dalivoj Titan, who gave me a lot of cycling knowledge. In Tropovci I trained some of the time with champion Simon Špilak.

In year 2006 I graduated to TBP Lenart under the direction of Andrej Petrovič.

All this years I annealed on races in Slovenia, Italia, Austria, Hungary, Slovakia and Croatia.

After finished cycling career in year 2007 I started to train triathlon. Friend Nino Cokan is with his rich experiences and advices of great help to me.

I train the most of the time with my younger brother Dušan, which is on the races with me and he is my personal masseur.

Za IFister team, Dusan

Večja tekmovanja v letu 2010

40 days 19 hours
38 min 19 sec
 IRONMAN 70.3
 Germany

52 days 21 hours
12 min 19 sec
 Double Ultra Triathlon
 Slovenija
 7.6k/360k/84.4k

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2008-2010



CHALLENGES AND LESSONS LEARNED

During the hosting of my website I figured out that, for athletes, it may be very useful to have their own personal websites. It allows them to promote themselves and even help in finding sponsors and supporters. Hence, a good plan for making a website must be taken into account. In my case, I used the available CMS but, after using it for some months, identified its limitations. There was a lack of additional software and modules. Uploading pictures or having a gallery helped me to attract more visitors. Furthermore, writing race reports may be very handy for visitors, especially for people that are interested in a specific race or want to get some new experiences.

PUBLICATION INFO

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