

30.1.15



FINISHER

Shapira Ido

Finished the 2015 **ISRAMAN Negev 226**

Category

Overall Place

Gender Overall Place

Category Place

Men45-49

47

43

7

Swim

Bike

Run

Overall Time

01:08:26.75

3.8k

07:24:35.60

180k

04:37:07.50

42.2k

13:10:09.85

226k