



Frankfurter  
Sparkasse

**IRONMAN**<sup>®</sup>  
EUROPEAN CHAMPIONSHIP

Swim

01:24:16

Transition Swim-Bike

00:06:58

Bike

05:56:40

Transition Bike-Run

00:04:49

Run

03:41:53

Overall Time

11:14:38

Place Category

183

Place Overall

944

**Raik Hellwig**

**Frankfurt 24. Juli 2011 - July 24<sup>th</sup> 2011**  
3.8 k Swim - 180 k Bike - 42.2 k Run



**Wir gratulieren zu Deiner  
hervorragenden Leistung 2011**

**Congratulations on your  
excellent performance 2011**

Finisher Certificate

Finisher Urkunde /

[www.ironman.de](http://www.ironman.de)