



# **My first Ironman. From dream to the finish. In russian (Russian Edition)**

*Stutisheel Lebedev*

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In this book you will find a firsthand experience of comprehensive preparation and participation in Ironman triathlon - swim 3.8 km (2.4 ml), bike 180 km (112 ml), run 42.195 km (26.2 ml). Official finish time of the author in his first attempt - 11:10:50 It is aimed at everyone who are making first steps in triathlon and trying to unfold his/her ultimate potential. Coloured pictures inside

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