















































































| IOST 2023 - Participants in the Three-Day Event | | | | | day 1 | | day 2 | | day 3 | | Overall Total | Overall Place |
|---|--------|---|---------------------|-----|--------------|----------|------------|----------|-------------|-------|---------------|---------------|
| Class | Course | | Name | | Neot Kedumim | Place | Ben Shemen | Place | Gan Shemuel | Place | | |
| W12 | Shorty |  | Niv Amalia | ISR | 00:50:00 | 1 | DNF | | DNS | | | |
| W12 | Shorty |  | Mari Muriel | ESP | 01:03:30 | 2 | DNS | | DNS | | | |
| W14 | Shorty |  | Twig Inbal | ISR | 00:50:16 | 1 | 01:05:34 | 1 | 00:25:05 | 1 | 02:20:55 | 1 |
| W16 | Short |  | Paster-Lahav Noa | ISR | 00:55:00 | 1 | 01:13:01 | 1 | 00:28:03 | 1 | 02:36:04 | 1 |
| W21 | Medium |  | Righetti Sarah | GBR | 00:51:46 | 1 | 01:27:45 | 1 | 00:24:09 | 1 | 02:43:40 | 1 |
| W21 | Medium | | Markova Marina | RUS | 00:58:17 | 2 | 02:08:37 | 2 | MP | | | |
| W35 | Medium |  | Calland Sally | GBR | 00:43:31 | 1 | 01:06:11 | 1 | 00:24:34 | 1 | 02:14:16 | 1 |
| W35 | Medium |  | Gluzstein Ludmila | ISR | 00:54:27 | 2 | 01:06:15 | 2 | 00:28:59 | 2 | 02:29:41 | 2 |
| W35 | Medium |  | Yasur Gal | ISR | 00:55:41 | 3 | DNS | | DNS | | | |
| W45 | Short |  | Ravid Naomi | ISR | 00:42:05 | 1 | 01:05:44 | 1 | 00:23:15 | 1 | 02:11:04 | 1 |
| W45 | Short |  | Vidal Pilar | ESP | 01:05:19 | 2 | DNS | | DNS | | | |
| W55 | Short |  | Stepanov Svetlana | ISR | 00:50:00 | 1 | 00:59:54 | 1 | 00:27:16 | 2 | 02:17:10 | 1 |
| W55 | Short |  | Ritter Anke | GER | 00:55:47 | 2 | 01:03:47 | 2 | 00:32:22 | 4 | 02:31:56 | 2 |
| W55 | Short |  | Garriga Anna | ESP | 00:56:12 | 3 | 01:11:02 | 3 | 00:24:52 | 1 | 02:32:06 | 3 |
| W55 | Short |  | Nussbaum Sharon | ISR | 00:57:41 | 4 | 01:19:49 | 4 | 00:29:46 | 3 | 02:47:16 | 4 |
| W65 | Short |  | Ptasekiene Vitalija | LTU | 00:43:02 | 1 | 01:04:07 | 1 | 00:27:02 | 1 | 02:14:11 | 1 |
| W65 | Short |  | Mishli Lisa | ISR | 00:51:33 | 2 | 01:23:58 | 4 | 00:32:58 | 2 | 02:48:29 | 2 |
| W65 | Short |  | Lapushnir Lubov | ISR | 01:08:16 | 3 | 01:29:49 | 5 | 00:46:04 | 5 | 03:24:09 | 3 |
| W65 | Short |  | Arnold Joanna | GER | 01:27:38 | 4 | 01:12:25 | 3 | 01:43:23 | 4 | 04:23:26 | 4 |
| W65 | Short |  | SUI | DNS | | 01:09:21 | 2 | 00:40:51 | 3 | | | |
| W75 | Short |  | Kotzer Andra | ISR | 00:59:13 | 1 | 01:20:49 | 1 | 00:32:30 | 1 | 02:52:32 | 1 |
| W75 | Short |  | Da Costa Roni | ISR | 01:25:31 | 2 | 01:54:30 | 2 | 00:51:43 | 2 | 04:11:44 | 2 |

| IOST 2023 - Participants in the Three-Day Event | | | | | day 1 | | day 2 | | day 3 | | Overall Total | Overall Place |
|---|--------|---|-----------------------|-----|----------------|-------|--------------|-------|--------------|-------|---------------|---------------|
| Class | Course | | Name | | Neot Kedumim | Place | Ben Shemen | Place | Gan Shemuel | Place | | |
| M12 | Shorty |  | Verbin Amit | ISR | 00:30:26 | 1 | 00:28:13 | 1 | 00:25:06 | 1 | 01:23:45 | 1 |
| M14 | Shorty |  | Verbin Idan | ISR | 00:23:24 | 1 | 00:24:42 | 1 | 00:13:35 | 1 | 01:01:41 | 1 |
| M16 | Short |  | Lederer Shalev | ISR | 00:45:13 | 1 | 00:54:59 | 1 | 00:27:13 | 2 | 02:07:25 | 1 |
| M16 | Short |  | Da Costa Ariel | ISR | 00:48:37 | 2 | 00:56:49 | 2 | 00:23:52 | 1 | 02:09:18 | 2 |
| M18 | Medium |  | Shuv Ronen | ISR | 00:40:49 | 1 | 00:57:43 | 1 | 00:21:51 | 1 | 02:00:23 | 1 |
| M18 | Medium |  | Sharon Almog | ISR | 00:59:05 | 4 | 01:09:58 | 3 | 00:24:25 | 2 | 02:33:28 | 2 |
| M18 | Medium |  | Bar- Gad Yoav | ISR | 00:51:06 | 2 | 01:26:50 | 4 | 00:25:49 | 3 | 02:43:45 | 3 |
| M18 | Medium |  | Solaj Calil | ISR | 00:56:46 | 3 | 01:04:30 | 2 | DNS | | | |
| M21 | Long |  | Izbitzky Gal | ISR | 00:45:59 | 2 | 01:05:04 | 1 | 00:19:33 | 1 | 02:10:36 | 1 |
| M21 | Long |  | Shechter Dvir | ISR | 00:52:15 | 3 | 01:13:07 | 2 | 00:21:59 | 2 | 02:27:21 | 2 |
| M21 | Long |  | Freixas Josep | ESP | 01:01:33 | 5 | 01:20:58 | 4 | 00:25:55 | 4 | 02:48:26 | 3 |
| M21 | Long |  | Kuznetsov Dmitry | ISR | 01:06:53 | 7 | 01:35:20 | 6 | 00:28:46 | 5 | 03:10:59 | 4 |
| M21 | Long |  | Canudas Aleix | ESP | 01:07:08 | 10 | 01:39:22 | 7 | 00:27:55 | 6 | 03:14:25 | 5 |
| M21 | Long |  | Lukatskyi Yevhenii | UKR | 01:25:29 | 11 | 01:51:29 | 8 | 00:32:41 | 7 | 03:49:39 | 6 |
| M21 | Long |  | Ilgach Georgy | ISR | 01:00:50 | 4 | 01:20:14 | 3 | MP | | | |
| M21 | Long |  | Wainer Ygal | ISR | 01:07:05 | 9 | 01:22:52 | 5 | DNS | | | |
| M21 | Long |  | Alkاهر Idan | ISR | 01:06:23 | 8 | DNS | | 00:24:37 | 3 | | |
| M21 | Long |  | Shapira Oren | ISR | 01:04:26 | 6 | MP | | DNS | | | |
| M21 | Long |  | Yassur Nitzan | ISR | 00:36:39 | 1 | DNF | | DNS | | | |
| M35 | Long |  | Gusev Ilia | ISR | 00:50:18 | 1 | 01:03:56 | 1 | 00:23:27 | 2 | 02:17:41 | 1 |
| M35 | Long |  | Fedosin Anton | ISR | 00:52:12 | 2 | 01:08:39 | 2 | 00:22:30 | 1 | 02:23:21 | 2 |
| M35 | Long |  | Yassur Nir | ISR | 00:57:41 | 5 | 01:20:39 | 4 | 00:24:39 | 3 | 02:42:59 | 3 |
| M35 | Long |  | Koroteev Michael | ISR | 01:13:16 | 7 | 01:25:09 | 6 | 00:24:41 | 4 | 03:03:06 | 4 |
| M35 | Long |  | Goll Ofek | ISR | 01:41:04 | 8 | 02:03:56 | 8 | 00:38:39 | | 04:23:39 | 5 |
| M35 | Long |  | Maltz Avi | ISR | 00:54:42 | 3 | 01:22:24 | 5 | DNS | | | |
| M35 | Long |  | Khlebnikov Anton | SUI | DNS | | 01:45:07 | 7 | 00:34:18 | 6 | | |
| M35 | Long |  | Aubets Ramon | ESP | see M45 Medium | | 01:11:07 | 3 | 00:26:26 | 5 | | |
| M35 | Long |  | Lipovich Alexander | ISR | 00:57:04 | 4 | DNS | | MP | | | |
| M35 | Long |  | Mari Pau | ESP | 01:06:26 | 6 | DNS | | DNS | | | |
| M35 | Long |  | Frolov Georgi | ISR | 02:01:54 | 9 | DNS | | DNS | | | |
| M35 | Long |  | Ben-Dor Yoav | ISR | MP | | DNS | | DNS | | | |
| M35 | Long |  | Righetti James | AUS | DNS | | MP | | DNS | | | |
| M45 | Medium |  | Ravid Noam | ISR | 00:33:41 | 1 | 00:50:03 | 1 | 00:20:27 | 1 | 01:44:11 | 1 |
| M45 | Medium |  | Gluzstein Valery | ISR | 00:40:47 | 3 | 00:56:11 | 2 | 00:22:33 | 2 | 01:59:31 | 2 |
| M45 | Medium |  | Niv Nadav | ISR | 00:49:57 | 4 | 01:15:40 | 4 | 00:29:03 | 3 | 02:34:40 | 3 |
| M45 | Medium |  | Bar-Gad Izhar | ISR | 00:54:40 | 5 | 01:18:25 | 5 | 00:33:55 | 4 | 02:47:00 | 4 |
| M45 | Medium |  | von Hirschheyd Platon | GER | 00:58:10 | 6 | MP | | 00:36:47 | 5 | | |
| M45 | Medium |  | Aubets Ramon | ESP | 00:40:42 | 2 | see M35 Long | | see M35 Long | | | |
| M45 | Medium |  | Garnett Ofer | ISR | DNS | | 01:02:58 | 3 | DNS | | | |
| M55 | Medium |  | Shechter Gil | ISR | 00:44:31 | 2 | 01:05:48 | 2 | 00:26:27 | 2 | 02:16:46 | 1 |
| M55 | Medium |  | Perchonok Dmitry | ISR | 00:44:20 | 1 | 01:11:59 | 5 | 00:26:37 | 4 | 02:22:56 | 2 |
| M55 | Medium |  | Cohen Shlomi | ISR | 00:48:45 | 3 | 01:09:08 | 4 | 00:26:05 | 1 | 02:23:58 | 3 |
| M55 | Medium |  | Lior Ayal | ISR | 01:15:53 | 6 | 01:44:29 | 7 | 00:36:54 | 5 | 03:37:16 | 4 |
| M55 | Medium |  | Gloor Thomas | SUI | MP | | 01:08:06 | 3 | 00:26:29 | 3 | | |
| M55 | Medium |  | Buchbinder Mordechai | ISR | 00:51:18 | 5 | 01:26:01 | 6 | DNS | | | |
| M55 | Medium |  | Shemah Nati | ISR | 00:49:53 | 4 | 01:02:47 | 1 | DNS | | | |
| M55 | Medium |  | Nussbaum Itzchak | ISR | 01:15:57 | 7 | 02:00:26 | 8 | DNS | | | |
| M65 | Short |  | Ptasekas Julius | LTU | 00:39:52 | 4 | 00:46:47 | 3 | 00:18:44 | 1 | 01:45:23 | 1 |
| M65 | Short |  | Nowak Ulli | GER | 00:38:35 | 3 | 00:43:29 | 2 | 00:23:52 | 3 | 01:45:56 | 2 |
| M65 | Short |  | Ritter Siegfried | GER | 00:42:05 | 5 | 00:49:14 | 4 | 00:20:18 | 2 | 01:51:37 | 3 |

| IOST 2023 - Participants in the Three-Day Event | | | | | day 1 | | day 2 | | day 3 | | | |
|---|--------|---|----------------------|-----|--------------|-------|------------|-------|-------------|-------|---------------|---------------|
| Class | Course | | Name | | Neot Kedumim | Place | Ben Shemen | Place | Gan Shemuel | Place | Overall Total | Overall Place |
| M65 | Short |  | Kaynar Doron | ISR | 00:38:03 | 2 | 00:50:06 | 6 | 00:24:05 | 4 | 01:52:14 | 4 |
| M65 | Short |  | Raz Shlomo | ISR | 00:52:27 | 6 | 00:49:14 | 4 | 00:25:45 | 5 | 02:07:26 | 5 |
| M65 | Short |  | Thallner Manfred | GER | 01:52:26 | 8 | 01:11:15 | 8 | 00:29:20 | 7 | 03:33:01 | 6 |
| M65 | Short |  | Ptasekas Marius | LTU | 00:34:33 | 1 | 00:37:04 | 1 | DNS | | | |
| M65 | Short | | Kortchagin Alexander | RUS | MP | | 00:51:23 | 7 | 00:31:58 | 8 | | |
| M65 | Short |  | Arad Erez | ISR | 00:55:59 | 7 | DNS | | 00:27:49 | 6 | | |
| | | | | | | | | | | | | |
| M75 | Short |  | Dudelzak Zvi | ISR | 01:03:20 | 1 | 01:08:38 | 1 | 00:39:07 | 1 | 02:51:05 | 1 |
| M75 | Short |  | Eshel Hagay | ISR | 01:27:13 | 2 | 02:02:14 | 3 | 00:52:31 | 3 | 04:21:58 | 2 |
| M75 | Short |  | Minsky Menahem | ISR | 02:00:00 | 3 | 01:55:12 | 2 | 00:49:02 | 2 | 04:44:14 | 3 |
| M75 | Short |  | Friedman Alex | ISR | DNF | | MP | | 01:07:59 | 4 | | |