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APPENDIX 4

Received professional and ELITE triathlete status of Austrian National team in 2006.

Received Elite marathon runner status in 2004.

TRIATHLON RACES

1. Elite Worldchampionships in Ironman Triathlon 70.3, Florida (14/11/09), in 4 h 59 min 40 sec.
2. Elite/PRO race in Ironman UK, Bolton, UK (2/08/2009). Place 5 in Elite ranking.
3. Elite/PRO race in Ironman Switzerland, Switzerland (12/07/2009). Place 13 in Elite ranking.
4. Elite/PRO race in Ironman 70.3, UK, Wimbleball Lake, UK (14/06/2009). Place 7 in Elite ranking.
QUALIFICATION for PRO Worldchampionships in Florida 2009.
5. Elite/PRO race in Ironman 70.3 Austria, St. Poelten, Austria (24/05/2009). Place 21 in Elite ranking.
6. Elite/PRO race in Ironman 70.3 Worldchampionships, Clearwater, Florida, USA (08/11/2009). Place 28 in Elite ranking in 5 h 14 min.
7. Elite/PRO race in Ironman Worldchampionships, Kailua-Kona, Hawaii, USA (October 11, 2008).
Place 43 in Elite ranking in sub 12 h.
8. Professional/Elite race in Ironman UK (2008) Place 9 in 11 h 39 min. QUALIFICATION for PRO
Worldchampionships in Hawaii, 2008.
9. Professional/ELITE race in Ironman Austria (2008) Place 12 in 10 h 33 min.
10. Professional/ELITE race in Ironman 70.3 triathlon UK (2008) Place 7 in 5 h 49 min,
QUALIFICATION for PRO Worldchampionships in Clearwater, Florida 2008.
11. Professional/ELITE race in Ironman 70.3 Austria triathlon (2008). Place 14 in 5 h 11 min (European
pb).
12. Professional/ELITE race in Ironman UK triathlon (2007). Place 9.
13. Professional/ELITE race in Ironman Austria triathlon (2007). Place 12 in 10 h 36 min (European
pb). 4th Austrian professional woman in Austrian National championships. Austrian National
champion and Kärntner champion in team competition with HSV Klagenfurt 1.
14. Worldchampionship in Ironman triathlon, Hawaii, USA (2006). Place 40 (age group) in 11:37 h
(American pb).
15. Worldchampionship in Ironman triathlon 70.3, Clearwater, Florida, USA (2006). Place 22 in 5:02:28
h (American pb).
16. Ironman triathlon, Sherborne Castles, UK (2006). Place 2 (age group) and overall place 9 in 10:49 h.
QUALIFICATION for Worldchampionships in Hawaii in October 2006.
17. London triathlon-olympic distance, sub 2:30 race, London, UK (2006), place 17 in 2:32 h.

18. Cambridge triathlon-olympic distance, Cambridge, UK (2006), place 2 (age group) in 2:40 h.
19. Ironman 70.3 triathlon, Wimbleball Lake, UK (2006), 1st place (age group), overall place 11 in 5:49 h. QUALIFICATION for Worldchampionships in Florida in November 2006.
20. Ironman 70.3 triathlon, Longleat, UK (2005), 3rd place (age group). QUALIFICATION for Worldchampionships in Florida, USA in November 2006.
21. Cambridge Triathlon-olympic distance (2005), 1st place (age group) in a finishing time of 2:29 h.
22. London Triathlon-olympic distance (2005), 3rd place (age group) in 2:29 h.
23. Heidelbergman triathlon, Heidelberg, Germany (2000).
24. Heidelbergman triathlon, Heidelberg, Germany (2002), place 26.

AQUATHLON RACES

National Aquathlon Championship, UK (2005), 3rd place (age group).

DUATHLON RACES

1. Austrian National Elite Duathlon championships, Telfs, Tirol (2008). Place 3 Elite 2 category.
2. Kärntner Elite Duathlon Championships, Klagenfurt (2007). 3rd place in Elite 1 category and 2nd place in Elite 1 championships.

MARATHON RACES

1. Vienna Marathon, Austria (04/2012) in 3:35 h.
2. Berlin Marathon, Germany (26/9/2010) in 3:22 h. Qualified for NY.
3. Vienna Marathon, Austria (2009) in 3:22 h.
4. ELITE race in London Marathon and UK National Marathon Championships, UK (2007) in 3:10 h.
5. ELITE race in London Marathon and UK National Marathon Championships, UK (2006) in 2:59 h and place 63 (overall).
6. New York Marathon, USA (2005) in 3:14 h.
7. Boston Marathon, USA (2005) in 3:13 h.
8. Vienna Marathon, Austria (2005) in 3:20 h, overall place 6 (Austrian championships).
9. New York Marathon, USA (2004) in 3:28 h.
10. Olympus Hamburg Marathon, Germany (2004) sub 3:40 h.
11. Vienna Marathon, Austria (2003).
12. Vienna Marathon, Austria (1999).

HALF - MARATHON RACES

1. Velden Half-Marathon, Klagenfurt, Austria, UK (21/09/2011), in 1:45 h.
2. Bristol Half-Marathon, UK (11/09/2011), in 1:40 h.
3. Great Eastern Half-Marathon, Peterborough, UK (09/10/2011), in 1:37 h.
4. Great Eastern Half-Marathon, Peterborough, UK (5/10/2010), in 1:36 h. Qualified for NY.
5. Bristol Half-Marathon, UK (9/2010), in 1:33 h. Qualified for NY.
6. Bupa Great North Run (2006) in 1:30:58 h.

7. London Silverstone half-marathon (2006), in 1:29 h.
8. Bupa Great North Run (2005), in 1:29 h.
9. Fleet Half-marathon (2005), qualified for New York Marathon 2005, in 1:32 h.
10. London Silverstone Half-marathon (2005), qualified for New York Marathon 2005, in 1:32 h.
11. London Silverstone Half-marathon (2004).
12. Kent Half-marathon, UK (2004), in 1:42 h.
13. Humberbridge Half-marathon, UK (2005), in 1:42 h (the highest bridge in Europe).
14. Embrace London Half-marathon, UK (2004), in 1:40 h.
15. Bronx Half-marathon, New York, USA (2003).
16. Queens Half-marathon, New York, USA (2003).
17. Mother and Child Half-marathon, New York, USA (2003).
18. Dresden Half-Marathon, Germany (2001).
19. Heidelberg Half-marathon, Germany (1998).
20. Heidelberg Half-marathon, Germany (1999).
21. Heidelberg Half-marathon, Germany (2001).
22. St. Leon-Roth Half-marathon, Germany (2001).
23. Mannheim Half-Marathon, Germany (1997).

10 MILE RUNNING RACES

1. Hot chocolate run, New York, USA (2002).
2. Al Gordon run, New York, USA (2003).
3. Frostbite Run, New York, USA (2003).

10K RUNNING RACES

1. Run to Liberty, New York, USA (2003).
2. New York Mini, New York, USA (2003).

5 MILE RUNNING RACES

1. New York Road Runner Club Championship, New York, USA (2003), place 50.
2. WABC Fight Prostate Cancer, New York, USA (2003).
3. Fred Lebow Classic, New York, USA (2003).
4. East Charity Run (15/8/2010), Cambridge, UK, place 1.

8K RUNNING RACES

- USA 8000 m championship, New York, USA (2003).

5K RUNNING RACES

1. Serpentine Etonic Last Friday of the Month 5k, London, UK (7/2006), sub 21 min, top runner.
2. Serpentine Etonic Last Friday of the Month 5k, London, UK (6/2006), sub 21 min, top runner.
3. Serpentine Etonic Last Friday of the Month 5k, London, UK (4/2006), sub 21 min, top runner.

4. Serpentine Etonic Last Friday of the Month 5k, London, UK (3/2005).
5. Serpentine Etonic Last Friday of the Month 5k, London, UK (7/2004), sub 21 min, top runner.
6. Serpentine Etonic Last Friday of the Month 5k, London, UK (8/2004), sub 21 min, top runner.
7. Thomas C. Labreque Run, New York, USA (2003).
8. Snowflake Run, New York, USA (2003).
9. Gridiron Classic Run, New York, USA (2003).

IRONGIRL (4.2 KM) RUNNING RACE

Irongirl Austria (3/7/2010), in 17:50 Min., place 12 (of over 300).

3K RUNNING RACES

1. Chariot of Fire Relay, Fitzwilliam College Team (2008). Place 4/31 of college league.
2. Fresher's Fun Run, College League (2004).
3. Freshers's Fun Run, Colleague League (2005), place 10.
4. Coen Fen College League (2006), place 9.

CROSS-COUNTRY RACES

1. Cambridge Boundary Cross-Country Marathon, place 3.
2. Cambridge Boundary Cross-Country Marathon, 26 miles (2011), in 3:32 h, place 3
3. Roman Road Race, 10 miles, UK (2006), in 1:05 h, place 3.
4. Cambridge Boundary Run, 26 miles (2006), in 3:20 h, place 1.
5. UK National Cross-Country Championship (2006), Parliament Hill, London, UK, place 126.
6. Roman Road Race, 10 miles, UK (2005), in 1:15 h, place 4.
7. The Picnic, Marathon, London, UK (2005), in 4:45 h, 1st place.
8. Großer Taunus Lauf, Frankfurt, Germany (2000), 6.3 k, 1st place.
9. Schönbuch 25 km race, Singen, Germany (2000).

CYCLING

Time trials: Time trials are non-drafting races.

1. 10 mile time trial, Bottisham, CCC (27/08/09). 26 min 14 sec. 1st place in CCC Clubchampionships and overall and PB!! STORM.
2. 10 mile time trial, Bottisham, CCC (19/08/2009). 27 min 12 sec. Very strong wind.
3. 10 mile time trial, Barton, TC (13/08/2009). 27 min 46 sec.
4. 10 mile time trial, Bottisham, CCC (12/08/2009). 26 min 46 sec. Strong wind. PB
5. 25 mile time trial, Bottisham, TC (04/06/2009). 1 h 15 min. Wind.
6. 10 mile time trial, Barton, CCC (28/05/2009). 27 min 50 sec. Place 1 women category.
7. 14 mile time trial, Comberton, CCC (14/05/2009). 40 min. Rain.
8. 13 mile time trial, Bottisham, CCC (09/04/2009). 38 min 11 sec. Wind. After 4000 m swimming session.
9. 6 mile time trial, Newton, TC, UK (08/04/2009), 16 min 55 sec. After 4000 m swimming session.

- 10.10 mile time trial, Bottisham, E3/10, CCC, Cambridge, UK (02/04/2009), 29 min 31 sec. Extremely strong wind and rain. After 4000 m swimming session.
- 11.10 mile time trial, Bottisham, E3/10, CCC, Cambridge, UK (28/8/2008), 27 min 42 sec. Very strong wind.
- 12.10 mile time trial, Bottisham, E3/10, CCC, Cambridge, UK (21/8/2008), 27 min 29 sec (pb E3/10). Wind.
- 13.10 mile time trial, Bottisham, E3/10, TC, Cambridge, UK (20/8/2008), 28 min 06 sec. Wind.
- 14.10 mile time trial, Bottisham, E3/10, TC, Cambridge, UK (13/8/2008), 28 min 35 sec. Rain and Wind
- 15.10 mile time-trial, Bottisham, E3/E10, TC, Cambridge, UK (6/8/2008), 27 min 50 sec. Wind.
- 16.25 mile time-trial, Bottisham, CCC, Cambridge, UK (13/06/2008), 1 h 08 min (pb). Wind.
- 17.10 mile time-trial, Bottisham, TC, Cambridge, UK (12/06/2008), 27 min 52 sec. Wind.
- 18.10 mile time-trial, Sawston, CCC, Cambridge, UK (06/06/2008), 26 min 52 sec (pb Sawston). Wind.
- 19.25 mile time-trial, Bottisham, E2/E25, Team Cambridge, Cambridge, UK, (04/06/2008), 1 h 12 min. Wind.
- 20.10 mile time-trial, Bottisham, E3/E10, CCC, Cambridge, UK (24/04/2008). Wind.
- 21.10 mile time-trial, Bottisham, E3/E10, Team Cambridge, Cambridge, UK (23/04/2008). Wind.
- 22.10 mile time-trial, Barton F16/10, Cambridge Cycling Club, Cambridge UK (17/04/2008). Wind.
- 23.10 mile time-trial, Bottisham E3/10, Team Cambridge, Cambridge, UK (16/04/2008). Wind.
- 24.13 mile time-trial, Bottisham E3/13, Cambridge Cycling Club, Cambridge, UK (10/04/2008). Wind.

SWIM RACES

1. 30 km swim challenge, Parkside Pools, Cambridge, UK (July/August 2008). In 8 days. GOLD MEDAL
First prize: One-year membership in Parkside Pools.
2. 16.6 km swim challenge, Parkside Pools, Cambridge, UK (July/August 2008). In 8 days. GOLD MEDAL. First prize: One-year membership in Parkside Pools.

SPORT- SCUBA DIVING

Sport Scuba diving certificate awarded from British Subaquacub and French Subaquacub in 2000.

HORSEBACK - JUMPING (1984 - 1992)

National Austrian horse-jumping - license A2 awarded in 1991.

Clubchampionship Klopeinersee (1991), clubchampion - first place total and 3rd place total.

SKIING

Highschool Super G championship, Völkermarkt, Austria (1984), 3rd place.