



## This is to Certify

That **Porat Asaf**

Finished the Israman 226 Race

Category **Men 30-34**

Team **Zone 3**

Category Place **2**

Overall Place **10**

Time

**01:06:30.79** **3.8k**

**ISRAMAN** Eilat NEGEVGROUP | Swim

Time

**06:27:17.81** **180k**

**ISRAMAN** Eilat NEGEVGROUP | Bike

Time

**03:32:55.30** **42.2k**

**ISRAMAN** Eilat NEGEVGROUP | Run

Overall Time

**11:06:43.90**

Shvoong Sport Events  
Nir Barak, CEO  
[www.shvoong.co.il](http://www.shvoong.co.il)

