



# This is to Certify

That **Cromstedt Lennart**

Finished the Full Israman Race

Category **Men 40 - 49**

Team **ESP**

Category Place **3**

Overall Place **12**

Time:

**01:14:08.30**



3.8K

Time:

**05:07:58.25**



180K

Time:

**05:42:03.50**



42.2K

Overall Time:

**12:04:10.05**

Organizers  
Shvoong Sports Events  
[www.israman.co.il](http://www.israman.co.il)  
[www.shvoong.co.il](http://www.shvoong.co.il)

Race Director  
Avinoam Baruhin  
Tal Cymbalista  
Rafi Farhi

20.01.2012

