



This is to Certify

That **Lahav Assaf**

Finished the Full Israman Race

Category **Men 30 - 39**

Team

Category Place **4**

Overall Place **6**

Time:

01:10:27.90



3.8K

Time:

06:32:20.15



180K

Time:

03:53:58.25



42.2K

Overall Time:

11:36:46.30

Organizers

Shvoong Sports Events
www.israman.co.il
www.shvoong.co.il



Race Director
Avinoam Baruhin
Tal Cymbalista
Rafi Farhi

20.01.2012