



# This is to Certify

That **Lay Seb**

Finished the Half Israman Race

Category **Men 45 - 49**

Team **Great Britain**

Category Place **2**

Overall Place **9**

Time:

**00:38:47.40**



1.9K

Time:

**03:14:43.17**



90K

Time:

**01:34:41.03**



21.1K

Overall Time:

**05:28:11.60**

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