



This is to Certify

That **Laine Sebastian**

Finished the Israman 226 Race

Category **Men 30-34**

Team **FIN**

Category Place **10**

Overall Place **70**

Time

01:18:10.05 **3.8k**

ISRAMAN Eilat NEGEVGROUP | Swim

Time

07:34:13.10 **180k**

ISRAMAN Eilat NEGEVGROUP | Bike

Time

04:24:58.70 **42.2k**

ISRAMAN Eilat NEGEVGROUP | Run

Overall Time

13:17:21.85



Shvoong Sport Events
Nir Barak, CEO
www.shvoong.co.il

Race Director
Boaz Ribak
www.israman.co.il

17.1.14