



This is to Certify

That **Bednar Tomas**

Finished the Israman 226 Race

Category **Men 30-34**

Team **CZE**

Category Place **5**

Overall Place **19**

Time

01:02:39.80 **3.8k**

ISRAMAN  | Swim

Time

06:45:41.50 **180k**

ISRAMAN  | Bike

Time

03:47:57.55 **42.2k**

ISRAMAN  | Run

Overall Time

11:36:18.85

