



This is to Certify

That

Lahav Assaf

Finished the Israman 226 Race

Category

Men 35-39

Team

ZEN מאמנים לחיים

Category Place

2

Overall Place

20

Time

01:11:55.30 **3.8k**

Eilat
ISRAMAN  | Swim

Time

06:39:50.70 **180k**

Eilat
ISRAMAN  | Bike

Time

03:44:59.90 **42.2k**

Eilat
ISRAMAN  | Run

Overall Time

11:36:45.90

