



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

