



## 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**

