



This is to Certify

That

Menachem Nir

Finished the Israman 226 Race

Category **Men 24**

Team **Zone 3**

Category Place **1**

Overall Place **3**

Time

00:56:53.15 **3.8k**

Eilat
ISRAMAN  | Swim

Time

05:52:56.95 **180k**

Eilat
ISRAMAN  | Bike

Time

03:14:32.45 **42.2k**

Eilat
ISRAMAN  | Run

Overall Time

10:04:22.55

