



## 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  
NEGEVGROUP

Time

**05:52:56.95** 180k

Eilat  
**ISRAMAN** | Bike  
NEGEVGROUP

Time

**03:14:32.45** 42.2k

Eilat  
**ISRAMAN** | Run  
NEGEVGROUP

Overall Time

**10:04:22.55**

