



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

