



This is to Certify

That

Garnai Shmuel

Finished the Israman 226 Race

Category Men 40-44

TRIHARD Team

Category Place 9

Overall Place 37



Time

01:20:40.55 3.8k

ISRAMAN Swim

Time

06:46:34.35 180k

israman Bike

Time

04:02:30.20 42.2k

ISRAMAN RESTREMENT

Overall Time

12:09:45.10

Shvoong Sport Events Nir Barak, CEO www.shvoong.co.il



Race Director Boaz Ribak www.israman.co.il 17.1.14