



This is to Certify

That

Garnai Shmuel

Finished the Israman 226 Race

Category

Men 40-44

Team

TRIHARD

Category Place

9

Overall Place

37

Time

01:20:40.55

3.8k

ISRAMAN Eilat NEGEVGROUP | Swim

Time

06:46:34.35

180k

ISRAMAN Eilat NEGEVGROUP | Bike

Time

04:02:30.20

42.2k

ISRAMAN Eilat NEGEVGROUP | Run

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