



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**

Eilat
ISRAMAN  **Swim**

Time

06:46:34.35 **180k**

Eilat
ISRAMAN  **Bike**

Time

04:02:30.20 **42.2k**

Eilat
ISRAMAN  **Run**

Overall Time

12:09:45.10

