30.1.15




Eilat ISRAMAN NEGEVGROUP נגב

# FINISHER

## Lahav Assaf

Finished the 2015 **ISRAMAN Negev 226**

| Category | Overall Place | Gender Overall Place | Category Place |
|---|---|---|---|
| Men35-39 | 17 | 17 | 6 |

| Swim | | Bike | | Run | | Overall Time | |
|---|---|---|---|---|---|---|---|
| 01:13:24.55 | 3.8k | 06:38:56.20 | 180k | 03:52:37.40 | 42.2k | **11:44:58.15** | 226k |