



4<sup>th</sup> December 2022

# CERTIFICATE

This is to Certify That

**Mukal Manhas**

Successfully Completed  
FM(42.195KM) Run in **04:03:01**

Overall  
Rank

**3**

Gender  
Rank

**3**

Category  
Rank

**2**

**Ironman Kapil Arora**  
Organizer & Race Director

**Dr Rahul Sharma**  
RRCA Certified  
Founder - CYRUNS

**CYRUNS**  
FITNESS FOR ALL

