



19<sup>th</sup> FEBRUARY 2023

# CERTIFICATE

This is to Certify That

**Prashant Vishnu Aldar**

Successfully Completed

5 KM Run in **00:17:40**

Overall Rank

**2**

Gender Rank

**2**

Age Category Rank

**1**



**Ingit Anand**  
Race Director  
Ironman Certified Coach



**Coach Dr. Rahul**  
Founder - CYRUNS  
RRCA Certified