



CONGRATULATIONS
Ruth Flatman

ON FINISHING THE
Dyfi Dash Sprint Triathlon
IN A TIME OF : 01:18:57

OVERALL FINISH PLACE
30 of 96

GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE
Female 4 of 32 FV 2 of 8

RACE DATE
07/04/2019



00:07:28

T1

00:02:35



00:40:10

T2

00:01:06



00:27:38

CLUB

INTRtri