



**CONGRATULATIONS**  
**Gruff Tomos**

**ON FINISHING THE**  
**Dyfi Dash Sprint Triathlon**  
**IN A TIME OF : 01:19:25**

**OVERALL FINISH PLACE**  
**32 of 96**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
**Male 28 of 55 M Sen 13 of 20**

**RACE DATE**  
**07/04/2019**



**00:10:42**

**T1**

**00:03:30**



**00:37:00**

**T2**

**00:00:30**



**00:27:41**

**CLUB**

**Kookwatch**