



**CONGRATULATIONS**  
**Charles Cowan**

**ON FINISHING THE**  
**Dyfi Dash Sprint Triathlon**  
**IN A TIME OF : 01:19:08**

**OVERALL FINISH PLACE**  
**31 of 96**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
**Male 27 of 55 M Vinatge 2 of 6**

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



**00:08:22**

**T1**

**00:01:37**



**00:35:13**

**T2**

**00:01:24**



**00:32:32**

**CLUB**

**INTRtri**