



**CONGRATULATIONS  
Helen Marshall**

**ON FINISHING THE  
Dyfi Dash Sprint Triathlon  
IN A TIME OF : 01:03:31**

**OVERALL FINISH PLACE  
4 of 96**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
**Female 1 of 32 FV 1 of 8**

**RACE DATE  
07/04/2019**



**00:05:44**

**T1**

**00:00:52**



**00:32:17**

**T2**

**00:01:03**



**00:23:34**

**CLUB**

**INTRtri**