



**CONGRATULATIONS**  
**John Connolly**

**ON FINISHING THE**  
**Dyfi Dash Sprint Triathlon**  
**IN A TIME OF : 01:06:55**

**OVERALL FINISH PLACE**  
**6 of 96**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
**Male 5 of 55 M Sen 2 of 20**

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



**00:06:49**

**T1**

**00:00:36**



**00:34:37**

**T2**

**00:00:30**



**00:24:20**

**CLUB**