



**CONGRATULATIONS**  
**Stephen Rowlands**

**ON FINISHING THE**  
**Dyfi Dash Sprint Triathlon**  
**IN A TIME OF : 01:01:16**

**OVERALL FINISH PLACE**  
**1 of 96**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
**Male 1 of 55 MV 1 of 16**

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



**00:06:12**

**T1**

**00:00:41**



**00:30:00**

**T2**

**00:00:43**



**00:23:38**

**CLUB**

**Athletics & Triathlon Club**