



**CONGRATULATIONS**

**Elaine Helme**

**ON FINISHING THE**

**TriGuru August Aquathlon**

**TriGuru Aquathlon**

**RACE DATE**

**19/08/2019**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**

**Female**

**6 of 6**

**F Open**

**6 of 6**

**IN A TIME OF**

**00:49:31**

**SWIM**

**00:10:49**

**T1**

**00:00:48**

**RUN**

**00:37:53**

**CLUB**

**Team TriGuru**