

**SWIM**



**RUN**



**CONGRATULATIONS  
Caroline Ainscough**

**ON FINISHING THE**

**Man Tri Aquathlon #4  
MTC Aquathlon Adults**

**RACE DATE**

**20/08/2019**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
Female      13 of 25      F Sen      10 of 13

**IN A TIME OF**

**00:40:58**

**SWIM**  
**00:15:55**

**T1**  
**00:01:21**

**RUN**  
**00:23:41**

**CLUB**

**Mike Nolan Fitness**