



**CONGRATULATIONS**

**Richard Ion**

**ON FINISHING THE**

**Man Tri Aquathlon #4**

**MTC Aquathlon Adults**

**RACE DATE**

**20/08/2019**

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

**Male**

**7 of 48**

**M Sen**

**5 of 29**

**IN A TIME OF**

**00:31:32**

**SWIM**

**00:10:53**

**T1**

**00:01:01**

**RUN**

**00:19:37**

**CLUB**