



**CONGRATULATIONS**

**Clare Dow**

**ON FINISHING THE  
Gullane Beach Triathlon**

**IN A TIME OF : 03:33:41.6**

**OVERALL FINISH PLACE  
123 of 138**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
**Female 26 of 36 FV 6 of 9**

**RACE DATE  
07/09/2019**

 **SWIM**  
**00:44:45.9**

 **RUN TO T1**  
**00:02:03.8**

 **BIKE**  
**01:39:09.6**

 **RUN**  
**01:04:16.0**

**CLUB**

**Pentland Triathletes**