



CONGRATULATIONS

Paul Armstrong

**ON FINISHING THE
Torbay Triathlon**

IN A TIME OF : 00:42:49.9

**OVERALL FINISH PLACE
30 of 54**

GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE
Male 11 of 13 MV40 5 of 5

**RACE DATE
15/09/2019**

 **SWIM**
00:08:15.8

 **RUN TO T1**
00:02:01.7

 **BIKE**
00:15:12.1

 **RUN**
00:14:51.6

CLUB