



**G R 2 0**



**T R 1 6**

**CONGRATULATIONS**

**Alan BOWENS**

**ON COMPLETING THE**

**GTR Standard Triathlon**

**Finish Time**

**3:10:34.4**

**Overall Position**

**36 of 104**

**Gender Position**

**33 of 84**

**Category Position**

**15 of 38**

**Swim Split**

**32:24.5**

**Bike Split**

**1:38:48.7**

**Run Split**

**50:18.3**

