



G R 2 0



T R 1 6

CONGRATULATIONS
Paul RYDER
ON COMPLETING THE
GTR Standard Triathlon

Finish Time

4:05:57.9

Overall Position

86 of 104

Gender Position

70 of 84

Category Position

13 of 14

Swim Split

36:34.0

Bike Split

2:20:41.8

Run Split

1:03:26.4

