



**CONGRATULATIONS**

**Sam Lander**

**ON FINISHING THE  
Exmouth Sprint Triathlon  
IN A TIME OF : 01:21:09.8**

**OVERALL FINISH PLACE  
38 of 215**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
**Male 33 of 136 M Sen 17 of 51**

**RACE DATE  
19/05/2019**

 **SWIM**  
**00:05:59.9**

 **RUN TO T1**  
**00:01:13.4**

 **BIKE**  
**00:45:49.3**

 **RUN**  
**00:26:20.1**

**CLUB**