



**CONGRATULATIONS**

**Paul Dowling**

**ON FINISHING THE  
Exmouth Sprint Triathlon**

**IN A TIME OF : 01:10:46.2**

**OVERALL FINISH PLACE  
5 of 215**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
**Male 5 of 136 MV40 1 of 40**

**RACE DATE  
19/05/2019**

 **SWIM**  
**00:07:05.2**

 **RUN TO T1**  
**00:01:02.3**

 **BIKE**  
**00:40:59.5**

 **RUN**  
**00:20:21.3**

**CLUB**

**Exmouth Triathletes**