



# Congratulations

**Matthew Heard**  
on completing the

Standard

30-34

Finish time

**02:28:50**

Overall Position

**44**

Gender Position

**10**

Category Position

**41**

Run Split

**00:34:56**

Bike Split

**01:09:17**

Run Split

**00:42:36**



**TRIATHLON**

ACT

