

**Meta  
MAN**   
**IRON DISTANCE TRIATHLON**

Congratulations to  
**Benjamin Williams**



Swim 3.8km: 00:55:14



Bike 180km: 04:57:38



Run 42.2km: 03:06:44



**TOTAL:** 09:01:55

CATEGORY POSITION: 5

OVERALL POSITION: 5