



GWM  
**IRONMAN**  
**70.3** MELBOURNE

13 NOV 2022

**FINISHER** James LONERAGAN

**SWIM** 00:32:49 **BIKE** 02:32:04 **RUN** 01:29:39 **OVERALL** 04:40:48

**AGE GROUP** 18-24 **AGE GROUP RANKING** 10 **OVERALL RANKING** 163

**ANYTHING IS POSSIBLE**