



GWM
IRONMAN
70.3 MELBOURNE

12 NOV 2023

FINISHER John SHIELS

SWIM 00:17:19 **BIKE** 02:20:35 **RUN** 01:34:32 **OVERALL** 04:18:12

AGE GROUP 40-44 **AGE GROUP RANKING** 11 **OVERALL RANKING** 136

ANYTHING IS POSSIBLE