



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

12 NOV 2023

**FINISHER** Helen NAPIER

**SWIM** 00:20:10 **BIKE** 02:53:51 **RUN** 02:08:25 **OVERALL** 05:30:19

**AGE GROUP** 45-49 **AGE GROUP RANKING** 14 **OVERALL RANKING** 837

**ANYTHING IS POSSIBLE**