



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

12 NOV 2023

**FINISHER** TEAM #GwapongSaktoLang

**SWIM** 00:24:09 **BIKE** 03:23:07 **RUN** 01:44:12 **OVERALL** 05:39:46

**AGE GROUP** Relay **AGE GROUP RANKING** 17 **OVERALL RANKING** 52

**ANYTHING IS POSSIBLE**