



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

12 NOV 2023

**FINISHER** TEAM Freddo Flog & Friends

**SWIM** 00:16:47 **BIKE** 02:52:05 **RUN** 02:05:47 **OVERALL** 05:19:34

**AGE GROUP** Relay **AGE GROUP RANKING** 28 **OVERALL RANKING** 43

**ANYTHING IS POSSIBLE**