

NATIONAL SENIOR GAMES TRIATHLON

Lake Phalen - St. Paul, MN, July 5, 2015

400 Meter Swim - 20K Bike - 3.1 Mile Run

Plc	Div/plc	Name	Age	City	St	Swim	min/100	T1	Bike	mph	T2	Run	min/mi	Finish
23/100	11/26	Steve Gaffer	55	NewRichm	WI	6:13	1:34	0:42	34:42	22.5	0:45	26:07	8:26	1:08:27

<http://www.frontrunnerusa.com/wp-content/uploads/2015/07/nationalseniorgamesresults2015.txt>