



FINISHER CERTIFICATE

Jeff Lambert

successfully completed the

Manteno Triathlon

FINISH PLACE

Triathlon 50 of 176

Male
30-34 4 of 8

FINISH TIME

1:13:18.3

SWIM: 11:07.7

T1: 1:33.6

BIKE: 36:13.1

T2: 1:14.9

RUN: 23:08.9

July 27, 2019