

# Finisher Certificate

Matthew Helmerichs  
02:28:50



**Bluff Creek**  
TRIATHLON

**USA TRIATHLON** *Midwest*  
2016 *Regional Championship*

**Swim:** 00:24:51    **T1:** 00:01:02    **Bike:** 01:22:34    **T2:** 00:01:17    **Run:** 00:39:03  
**Overall Place:** 24    **Gender Place:** 23    **Division Place:** 6  
**Event:** Olympic Triathlon

*July 31, 2016 - Boone, IA*

**Results by:**

