

# John Shrader

## 02:26:11

SWIM.BIKE.RUN.

# ACCEL TRIATHLON

CEDAR FALLS | WATERLOO, IA

JULY 27, 2019

**Swim:** 00:24:36    **T1:** 00:01:26    **Bike:** 01:02:46    **T2:** 00:01:05    **Run:** 00:56:16  
**Overall Place:** 30    **Gender Place:** 25    **Category Place:** 3  
**Event:** Olympic Triathlon

