

# CONGRATULATIONS Emma RYDE

on officially completing the Cyprus K1 Man

**DB MAX**  
SPORTS TIMING



**SBA Episkopi**

**K1 MAN**  
**SWIM - BIKE - RUN**



**Total Time:** 6:38:46

**Swim**

30:42

**Bike**

3:56:58

**Run**

2:05:34