

# Congratulations!

James BONAMY

FOR COMPLETING THE EXTREME TRIATHLON DISTANCE

*As part of the Australian Alpine Ascent 15 March 2024*

00:59:58

3KM SWIM SPLIT

04:55:35

113KM BIKE SPLIT

02:24:57

22KM RUN SPLIT

08:27:07

OVERALL TIME

45-49

CATEGORY

1

CATEGORY PLACING

14

OVERALL PLACING