

# CONGRATULATIONS!

## Ash CANNELL

FOR COMPLETING THE SUPER SPRINT TRIATHLON

*As part of the Hawks Nest Triathlon 25th Nov 2023*

00:05:05

200KM SWIM SPLIT

00:18:49

7.5KM BIKE SPLIT

00:11:02

2KM RUN SPLIT

00:39:02

OVERALL TIME

12-13

CATEGORY

1

CATEGORY PLACING

14

OVERALL PLACING