

# CONGRATULATIONS!

**Frank MCSHANE**

**FOR COMPLETING THE STANDARD DISTANCE TRIATHLON**

*As part of the Wollongong Triathlon Festival 21<sup>st</sup> April 2024*

00:23:08

1.5KM SWIM SPLIT

01:08:58

40KM BIKE SPLIT

00:45:38

10KM RUN SPLIT

02:23:18

OVERALL TIME

60-64

CATEGORY

2

CATEGORY PLACING

174

OVERALL PLACING