

# CONGRATULATIONS!

**Alastair DE FRANCK**

**FOR COMPLETING THE SPRINT DISTANCE TRIATHLON**

*As part of the Callala Triathlon Festival 17<sup>th</sup> December 2022*

00:11:46

750M SWIM SPLIT

00:49:06

20KM BIKE SPLIT

00:28:00

5KM RUN SPLIT

01:33:41

OVERALL TIME

25-29

CATEGORY

18

CATEGORY PLACING

180

OVERALL PLACING