

# CONGRATULATIONS!

Ruth NELSON

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:05

750M SWIM SPLIT

00:40:07

20KM BIKE SPLIT

00:29:57

5KM RUN SPLIT

01:28:16

OVERALL TIME

45-49

CATEGORY

3

CATEGORY PLACING

154

OVERALL PLACING