

# CONGRATULATIONS!

Deon PIENAAR

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:12:51

750M SWIM SPLIT

00:43:20

20KM BIKE SPLIT

00:29:15

5KM RUN SPLIT

01:31:46

OVERALL TIME

55-59

CATEGORY

9

CATEGORY PLACING

172

OVERALL PLACING