

# CONGRATULATIONS!

**John SHANAHAN**

**FOR COMPLETING THE SPRINT DISTANCE TRIATHLON**

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

00:10:13

750M SWIM SPLIT

00:47:15

20KM BIKE SPLIT

00:21:25

5KM RUN SPLIT

01:24:03

OVERALL TIME

25-29

CATEGORY

12

CATEGORY PLACING

124

OVERALL PLACING