

## **CONGRATULATIONS!**

## Liza KINSMAN

## FOR COMPLETING THE TRY A TRI TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:08:52

00:25:27

00:16:44

00:55:58

200M SWIM SPLIT

7.5KM BIKE SPLIT

**2KM RUN SPLIT** 

**OVERALL TIME** 

Open

9

10

CATEGORY

CATEGORY PLACING

**OVERALL PLACING** 





















