

# CONGRATULATIONS!

## Emma BALDOCK

FOR COMPLETING THE SPRINT TRIATHLON

*As part of the Hawks Nest Triathlon 25th Nov 2023*

00:09:29

750M SWIM SPLIT

00:49:46

20KM BIKE SPLIT

00:34:14

5KM RUN SPLIT

01:39:03

OVERALL TIME

Race Ya Mate

CATEGORY

1

CATEGORY PLACING

203

OVERALL PLACING