

# CONGRATULATIONS!

## Nick BOUNDS

FOR COMPLETING THE SPRINT TRIATHLON

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

00:07:59

750M SWIM SPLIT

00:42:27

20KM BIKE SPLIT

00:22:27

5KM RUN SPLIT

01:17:25

OVERALL TIME

4044

CATEGORY

9

CATEGORY PLACING

69

OVERALL PLACING