

## **CONGRATULATIONS!**

## Lillian GUELEN

## FOR COMPLETING THE SPRINT TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:07:57

00:54:38

00:32:52

01:40:30

750M SWIM SPLIT

**20KM BIKE SPLIT** 

**5KM RUN SPLIT** 

**OVERALL TIME** 

2529

19

206

CATEGORY

CATEGORY PLACING

**OVERALL PLACING** 





















