

CONGRATULATIONS!

Ryan HOWARD

FOR COMPLETING THE SPRINT TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:06:57

750M SWIM SPLIT

00:40:13

20KM BIKE SPLIT

00:25:23

5KM RUN SPLIT

01:16:40

OVERALL TIME

3539

CATEGORY

5

CATEGORY PLACING

60

OVERALL PLACING