

# CONGRATULATIONS!

## Melissa JONES

FOR COMPLETING THE SPRINT TRIATHLON

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

00:09:09

750M SWIM SPLIT

00:45:29

20KM BIKE SPLIT

00:30:31

5KM RUN SPLIT

01:29:30

OVERALL TIME

3034

CATEGORY

10

CATEGORY PLACING

156

OVERALL PLACING