

## **CONGRATULATIONS!**

## Amy NOSIKE

## FOR COMPLETING THE SPRINT TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:09:43

01:13:37

00:34:15

02:04:00

750M SWIM SPLIT

**20KM BIKE SPLIT** 

**5KM RUN SPLIT** 

**OVERALL TIME** 

4044

10

231

CATEGORY

CATEGORY PLACING

**OVERALL PLACING** 





















