

# CONGRATULATIONS!

## Sophie TITMARSH

FOR COMPLETING THE SPRINT TRIATHLON

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

00:07:22

750M SWIM SPLIT

00:39:56

20KM BIKE SPLIT

00:26:24

5KM RUN SPLIT

01:17:11

OVERALL TIME

2024

CATEGORY

3

CATEGORY PLACING

64

OVERALL PLACING