

## **CONGRATULATIONS!**

## Declan TRAINOR

## FOR COMPLETING THE SPRINT TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:05:23

00:41:01

00:24:44

01:15:07

750M SWIM SPLIT

**20KM BIKE SPLIT** 

**5KM RUN SPLIT** 

**OVERALL TIME** 

1619

1

47

CATEGORY

CATEGORY PLACING

**OVERALL PLACING** 





















