

# CONGRATULATIONS!

## Melissa WATERS

FOR COMPLETING THE SPRINT TRIATHLON

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

00:09:24

750M SWIM SPLIT

00:55:46

20KM BIKE SPLIT

00:40:08

5KM RUN SPLIT

01:51:14

OVERALL TIME

Athenas

CATEGORY

3

CATEGORY PLACING

224

OVERALL PLACING