

# CONGRATULATIONS!

## Letitia BLADES

FOR COMPLETING THE SUPER SPRINT TRIATHLON

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

00:07:32

200KM SWIM SPLIT

00:28:26

7.5KM BIKE SPLIT

00:18:56

2KM RUN SPLIT

00:59:38

OVERALL TIME

Athenas

CATEGORY

2

CATEGORY PLACING

66

OVERALL PLACING