

## **CONGRATULATIONS!**

## Ash CANNELL

## FOR COMPLETING THE SUPER SPRINT TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:05:05

00:18:49

00:11:02

00:39:02

200KM SWIM SPLIT

7.5KM BIKE SPLIT

**2KM RUN SPLIT** 

**OVERALL TIME** 

12-13

1

14

CATEGORY

CATEGORY PLACING

**OVERALL PLACING** 





















