

# CONGRATULATIONS!

Shirelle ALTONA

FOR COMPLETING THE STANDARD TRIATHLON

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

00:15:43

1.5KM SWIM SPLIT

01:28:32

40KM BIKE SPLIT

00:48:46

10KM RUN SPLIT

02:38:33

OVERALL TIME

2024

CATEGORY

5

CATEGORY PLACING

136

OVERALL PLACING