

CONGRATULATIONS!

Josh ASHDOWN

FOR COMPLETING THE STANDARD TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:13:33

1.5KM SWIM SPLIT

01:05:45

40KM BIKE SPLIT

00:47:37

10KM RUN SPLIT

02:12:08

OVERALL TIME

3034

CATEGORY

12

CATEGORY PLACING

48

OVERALL PLACING