

CONGRATULATIONS!

John COLGAN

FOR COMPLETING THE STANDARD TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:18:09

1.5KM SWIM SPLIT

01:31:54

40KM BIKE SPLIT

01:05:04

10KM RUN SPLIT

03:02:34

OVERALL TIME

3034

CATEGORY

35

CATEGORY PLACING

178

OVERALL PLACING