

## **CONGRATULATIONS!**

## Jamie FRY

## FOR COMPLETING THE STANDARD TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:14:41

01:05:58

00:46:02

02:11:27

1.5KM SWIM SPLIT

**40KM BIKE SPLIT** 

**10KM RUN SPLIT** 

**OVERALL TIME** 

3539

6

42

CATEGORY

CATEGORY PLACING

**OVERALL PLACING** 





















