

## CONGRATULATIONS!

Jamie FRY

FOR COMPLETING THE STANDARD TRIATHLON

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

00:14:41

1.5KM SWIM SPLIT

01:05:58

40KM BIKE SPLIT

00:46:02

10KM RUN SPLIT

02:11:27

OVERALL TIME

3539

CATEGORY

6

CATEGORY PLACING

42

OVERALL PLACING