

# CONGRATULATIONS!

## Ryan GLANVILLE

FOR COMPLETING THE STANDARD TRIATHLON

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

00:14:10

1.5KM SWIM SPLIT

01:29:11

40KM BIKE SPLIT

00:54:44

10KM RUN SPLIT

02:44:24

OVERALL TIME

2529

CATEGORY

20

CATEGORY PLACING

153

OVERALL PLACING