

CONGRATULATIONS!

Jason HOWIE

FOR COMPLETING THE STANDARD TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:13:41

1.5KM SWIM SPLIT

01:00:08

40KM BIKE SPLIT

00:39:40

10KM RUN SPLIT

01:57:22

OVERALL TIME

5054

CATEGORY

1

CATEGORY PLACING

10

OVERALL PLACING