

# CONGRATULATIONS!

## Brett ISON

FOR COMPLETING THE STANDARD TRIATHLON

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

00:15:30

1.5KM SWIM SPLIT

01:08:46

40KM BIKE SPLIT

00:47:12

10KM RUN SPLIT

02:15:01

OVERALL TIME

5054

CATEGORY

5

CATEGORY PLACING

56

OVERALL PLACING