

# CONGRATULATIONS!

## Nelson KAM

FOR COMPLETING THE STANDARD TRIATHLON

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

00:20:06

1.5KM SWIM SPLIT

01:09:52

40KM BIKE SPLIT

00:47:12

10KM RUN SPLIT

02:23:09

OVERALL TIME

3539

CATEGORY

11

CATEGORY PLACING

86

OVERALL PLACING