

# CONGRATULATIONS!

## Shannon QUARTLY

FOR COMPLETING THE STANDARD TRIATHLON

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

00:16:15

1.5KM SWIM SPLIT

01:20:59

40KM BIKE SPLIT

00:53:27

10KM RUN SPLIT

02:33:55

OVERALL TIME

5559

CATEGORY

1

CATEGORY PLACING

121

OVERALL PLACING