

## CONGRATULATIONS!

Tom RAMSELL

FOR COMPLETING THE STANDARD TRIATHLON

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

00:15:44

1.5KM SWIM SPLIT

01:10:31

40KM BIKE SPLIT

00:40:42

10KM RUN SPLIT

02:10:21

OVERALL TIME

2529

CATEGORY

7

CATEGORY PLACING

40

OVERALL PLACING