

# CONGRATULATIONS!

Sandra REID

FOR COMPLETING THE STANDARD TRIATHLON

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

00:19:02

1.5KM SWIM SPLIT

01:21:08

40KM BIKE SPLIT

01:01:29

10KM RUN SPLIT

02:47:00

OVERALL TIME

6569

CATEGORY

1

CATEGORY PLACING

157

OVERALL PLACING