

## **CONGRATULATIONS!**

## Matthew ROWLANDS

## FOR COMPLETING THE STANDARD TRIATHLON

As part of the Hawks Nest Triathlon 25th Nov 2023

00:14:01

01:07:30

00:41:39

02:07:24

1.5KM SWIM SPLIT

**40KM BIKE SPLIT** 

**10KM RUN SPLIT** 

**OVERALL TIME** 

2529

6

30

CATEGORY

CATEGORY PLACING

**OVERALL PLACING** 





















