

# CONGRATULATIONS!

## Simon TRAIN

FOR COMPLETING THE STANDARD TRIATHLON

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

00:14:39

1.5KM SWIM SPLIT

01:15:04

40KM BIKE SPLIT

00:50:48

10KM RUN SPLIT

02:26:49

OVERALL TIME

3539

CATEGORY

14

CATEGORY PLACING

102

OVERALL PLACING