

# CONGRATULATIONS!

## Joshua Jones

FOR COMPLETING THE STANDARD TRIATHLON

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

00:13:35

1.5KM SWIM SPLIT

01:13:32

40KM BIKE SPLIT

00:40:30

10KM RUN SPLIT

02:12:06

OVERALL TIME

2024

CATEGORY

7

CATEGORY PLACING

47

OVERALL PLACING