

# TRI HAWKS NEST SWIM.BIKE.RUN

James ADAMS

FINISHED THE 2022 HAWKS NEST SPRINT TRIATHLON

As part of the Hawks Nest Triathlon Festival

November 26, 2022

00:08:49

750M SWIM

00:49:27

20KM BIKE

00:31:00

5KM RUN

01:34:24

OVERALL TIME

35-39

CATEGORY

18

CATEGORY PLACING

144

OVERALL PLACING

