

# TRI HAWKS NEST SWIM.BIKE.RUN

Ashley MONTESIN

FINISHED THE 2022 HAWKS NEST SPRINT TRIATHLON

As part of the Hawks Nest Triathlon Festival

November 26, 2022

00:08:30

750M SWIM

00:41:09

20KM BIKE

00:25:08

5KM RUN

01:18:59

OVERALL TIME

35-39

CATEGORY

11

CATEGORY PLACING

67

OVERALL PLACING

