

# TRI HAWKS NEST SWIM.BIKE.RUN

## Abigail SANDS

FINISHED THE 2022 HAWKS NEST STANDARD TRIATHLON

As part of the Hawks Nest Triathlon Festival

November 26, 2022

00:19:42

1.5KM SWIM

01:25:50

40KM BIKE

00:50:36

10KM RUN

02:44:08

OVERALL TIME

30-34

CATEGORY

7

CATEGORY PLACING

156

OVERALL PLACING

