

# TRI HAWKS NEST SWIM.BIKE.RUN

Paul SHAW

FINISHED THE 2022 HAWKS NEST STANDARD TRIATHLON

As part of the Hawks Nest Triathlon Festival

November 26, 2022

00:15:31

1.5KM SWIM

01:12:04

40KM BIKE

00:48:47

10KM RUN

02:22:56

OVERALL TIME

55-59

CATEGORY

4

CATEGORY PLACING

96

OVERALL PLACING

