

# CONGRATULATIONS!

Nienke DE VLIEGER

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

*As part of the Port Stephens Triathlon 13<sup>th</sup> May 2023*

00:28:19

750M SWIM SPLIT

00:50:15

20KM BIKE SPLIT

00:30:35

5KM RUN SPLIT

01:55:31

OVERALL TIME

30-34

CATEGORY

23

CATEGORY PLACING

296

OVERALL PLACING