

# CONGRATULATIONS!

## Michael LANCEY

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

*As part of the Port Stephens Triathlon 11<sup>th</sup> May 2024*

00:09:38

750M SWIM SPLIT

00:56:29

27KM BIKE SPLIT

00:29:30

5KM RUN SPLIT

01:41:36

OVERALL TIME

40-44

CATEGORY

9

CATEGORY PLACING

153

OVERALL PLACING