

# CONGRATULATIONS!

## Jacques LOURENS

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:07:44

750M SWIM SPLIT

00:59:11

27KM BIKE SPLIT

00:27:06

5KM RUN SPLIT

01:42:01

OVERALL TIME

40-44

CATEGORY

11

CATEGORY PLACING

157

OVERALL PLACING