

# CONGRATULATIONS!

## Miriam EAST

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:20:00

1.5KM SWIM SPLIT

01:41:33

40KM BIKE SPLIT

01:01:45

10KM RUN SPLIT

03:09:25

OVERALL TIME

40-44

CATEGORY

3

CATEGORY PLACING

202

OVERALL PLACING