

# CONGRATULATIONS!

## Adam SPENCER

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:17:41

1.5KM SWIM SPLIT

01:24:14

40KM BIKE SPLIT

00:59:36

10KM RUN SPLIT

02:47:29

OVERALL TIME

30-34

CATEGORY

34

CATEGORY PLACING

165

OVERALL PLACING