

# CONGRATULATIONS!

## Tom LYFORD

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:15:32

1.5KM SWIM SPLIT

01:20:41

40KM BIKE SPLIT

00:52:40

10KM RUN SPLIT

02:36:24

OVERALL TIME

35-39

CATEGORY

13

CATEGORY PLACING

124

OVERALL PLACING