

CONGRATULATIONS!

Freya INGWERSEN

FOR COMPLETING THE TWEENS DISTANCE TRIATHLON

As part of the Nepean Triathlon 6th April 2024

00:03:52

150M SWIM SPLIT

00:09:18

5KM BIKE SPLIT

00:05:20

1.25KM RUN SPLIT

00:20:01

OVERALL TIME

10-12

CATEGORY

1

CATEGORY PLACING

1

OVERALL PLACING