

**CONGRATULATIONS!**

**Freya INGWERSEN**

**FOR COMPLETING THE TWEENS DISTANCE TRIATHLON**

*As part of the Nepean Triathlon 6<sup>th</sup> 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