

# CONGRATULATIONS!

## Shane ROWE

FOR COMPLETING THE NEPEAN DISTANCE TRIATHLON

*As part of the Nepean Triathlon 7<sup>th</sup> April 2024*

00:21:52

1KM SWIM SPLIT

00:58:48

30KM BIKE SPLIT

00:44:14

8KM RUN SPLIT

02:08:44

OVERALL TIME

30-34

CATEGORY

16

CATEGORY PLACING

146

OVERALL PLACING