

# CONGRATULATIONS!

## Rod PHILLIPS

FOR COMPLETING THE NEPEAN DISTANCE TRIATHLON

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

00:20:54

1KM SWIM SPLIT

01:07:51

30KM BIKE SPLIT

00:53:56

8KM RUN SPLIT

02:27:48

OVERALL TIME

70-74

CATEGORY

4

CATEGORY PLACING

235

OVERALL PLACING