

# CONGRATULATIONS!

**Cassie SPENCER**

**FOR COMPLETING THE SPRINT DISTANCE TRIATHLON**

*As part of the Nepean Triathlon 6<sup>th</sup> April 2024*

00:13:37

750M SWIM SPLIT

00:35:14

20KM BIKE SPLIT

00:23:38

5KM RUN SPLIT

01:14:55

OVERALL TIME

40-44

CATEGORY

5

CATEGORY PLACING

110

OVERALL PLACING