

# CONGRATULATIONS!

Liam DUNCAN

FOR COMPLETING THE STANDARD TRIATHLON

*As part of the Hawks Nest Triathlon 25th Nov 2023*

00:13:58

1.5KM SWIM SPLIT

01:10:21

40KM BIKE SPLIT

00:38:24

10KM RUN SPLIT

02:05:56

OVERALL TIME

2024

CATEGORY

4

CATEGORY PLACING

24

OVERALL PLACING