

# CONGRATULATIONS!

## Matthew ROWLANDS

FOR COMPLETING THE STANDARD TRIATHLON

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

00:14:01

1.5KM SWIM SPLIT

01:07:30

40KM BIKE SPLIT

00:41:39

10KM RUN SPLIT

02:07:24

OVERALL TIME

2529

CATEGORY

6

CATEGORY PLACING

30

OVERALL PLACING