

# TRI HAWKS NEST SWIM.BIKE.RUN

## Shannon QUARTLY

FINISHED THE 2022 HAWKS NEST STANDARD TRIATHLON

As part of the Hawks Nest Triathlon Festival

November 26, 2022

00:15:39

1.5KM SWIM

01:19:27

40KM BIKE

00:53:42

10KM RUN

02:32:32

OVERALL TIME

50-54

CATEGORY

2

CATEGORY PLACING

130

OVERALL PLACING

