

# Congratulations!

## Rowan SAMS

FOR COMPLETING THE STANDARD TRIATHLON DISTANCE

*As part of the Australian Alpine Ascent 15 March 2024*

00:32:15

1.5KM SWIM SPLIT

01:58:08

40KM BIKE SPLIT

00:57:29

10KM RUN SPLIT

03:28:58

OVERALL TIME

40-49

CATEGORY

1

CATEGORY PLACING

6

OVERALL PLACING