

**CONGRATULATIONS!**

**Nicole WARD**

**FOR COMPLETING THE SPRINT DISTANCE TRIATHLON**

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

00:11:00

750M SWIM SPLIT

00:32:42

20KM BIKE SPLIT

00:21:39

5KM RUN SPLIT

01:07:27

OVERALL TIME

45-49

CATEGORY

1

CATEGORY PLACING

41

OVERALL PLACING