

CONGRATULATIONS!

Nicole WARD

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Nepean Triathlon 6th 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