

**CONGRATULATIONS!**

**Mike HISER**

**FOR COMPLETING THE SPRINT DISTANCE TRIATHLON**

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

00:12:32

750M SWIM SPLIT

00:36:20

20KM BIKE SPLIT

00:28:17

5KM RUN SPLIT

01:20:34

OVERALL TIME

65-69

CATEGORY

3

CATEGORY PLACING

164

OVERALL PLACING