

# CONGRATULATIONS!

Fred HOLMES

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

*As part of the Port Stephens Triathlon 13<sup>th</sup> May 2023*

00:06:32

200M SWIM SPLIT

00:18:55

10KM BIKE SPLIT

00:10:22

2KM RUN SPLIT

00:39:57

OVERALL TIME

40-49

CATEGORY

5

CATEGORY PLACING

8

OVERALL PLACING