

# CONGRATULATIONS!

Greg PRIDE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:23:10

750M SWIM SPLIT

00:41:17

20KM BIKE SPLIT

00:39:11

5KM RUN SPLIT

01:48:25

OVERALL TIME

70+

CATEGORY

1

CATEGORY PLACING

256

OVERALL PLACING