

# CONGRATULATIONS!

Rachel PAHLMAN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:40:57

1.5KM SWIM SPLIT

01:24:28

37KM BIKE SPLIT

00:49:00

10KM RUN SPLIT

02:59:59

OVERALL TIME

20-24

CATEGORY

4

CATEGORY PLACING

216

OVERALL PLACING