

**CONGRATULATIONS!**

**Alan WHITMORE**

**FOR COMPLETING THE NEPEAN DISTANCE TRIATHLON**

*As part of the Nepean Triathlon 7<sup>th</sup> April 2024*

00:19:26

1KM SWIM SPLIT

01:00:12

30KM BIKE SPLIT

00:42:32

8KM RUN SPLIT

02:05:28

OVERALL TIME

70-74

CATEGORY

2

CATEGORY PLACING

129

OVERALL PLACING