

**CONGRATULATIONS!**

**Helen KENNEDY**

**FOR COMPLETING THE NEPEAN DISTANCE TRIATHLON**

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

00:23:10

1KM SWIM SPLIT

01:01:25

30KM BIKE SPLIT

00:39:16

8KM RUN SPLIT

02:07:49

OVERALL TIME

55-59

CATEGORY

3

CATEGORY PLACING

140

OVERALL PLACING