

CONGRATULATIONS!

Karen LAKE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Nepean Triathlon 6th April 2024

00:12:03

750M SWIM SPLIT

00:33:42

20KM BIKE SPLIT

00:25:14

5KM RUN SPLIT

01:12:54

OVERALL TIME

40-44

CATEGORY

4

CATEGORY PLACING

89

OVERALL PLACING