

# CONGRATULATIONS!

**John NICOLA**

**FOR COMPLETING THE STANDARD DISTANCE TRIATHLON**

*As part of the Canberra Triathlon Festival 22<sup>nd</sup> January 2022*

**00:32:04**

1.5KM SWIM SPLIT

**00:59:34**

40KM BIKE SPLIT

**00:38:44**

10KM RUN SPLIT

**02:14:19**

OVERALL TIME

**25-29**

CATEGORY

**4**

CATEGORY PLACING

**25**

OVERALL PLACING