

unisport nationals  
**TRI**PORT  
STEPHENS

Natalie FREDERICK

FINISHED THE 2021 PORT STEPHENS  
STANDARD TRIATHLON

As part of the Port Stephens Triathlon Festival

May 8, 2021

00:27:38  
4K SAND RUN

01:23:57  
37KM BIKE

01:04:18  
10KM RUN

02:59:34  
OVERALL TIME

45-49  
CATEGORY

4  
CATEGORY PLACING

354  
OVERALL PLACING