

# CONGRATULATIONS!

Lyall SMYTH

**FOR COMPLETING THE STANDARD DISTANCE TRIATHLON**

*As part of the Port Stephens Triathlon 13<sup>th</sup> May 2023*

00:25:05

1.5KM SWIM SPLIT

00:58:21

37KM BIKE SPLIT

00:38:27

10KM RUN SPLIT

02:04:06

OVERALL TIME

30-34

CATEGORY

1

CATEGORY PLACING

1

OVERALL PLACING