







## TRIATHLON SPRINT DISTANCE





## James Lester

00:03:35 01:48:49 00:22:10 **Transition 2 Time: Total Time:** 750m Swim Time:

00:41:56 00:04:02 44/53 5km Run Time: Category Rank: Transition 1 Time:

00:37:04 510/601 Overall Rank: 18km Bike Time:























































