



Scorching Triathlons

Congratulations

Karen Ward

for completing the Medium (750m Swim) Triathlon

(Swim 750m, Cycle 20k, Run 5k)

Overall Time: 01:25:00

Race Date: 4 December 2011

with race splits of

2XU Swim Course

00:16:42

Burkes Cycles
Bike Course

00:43:03

Shoe Clinic /
Asics Run Course

00:25:14