



# Scorching Triathlons

## **Congratulations**

***Richard Sweetman***

**for completing the Medium (750m Swim) Triathlon**

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

**Overall Time: 01:30:34**

Race Date: 4 December 2011

with race splits of

2XU Swim Course

00:19:45

Burkes Cycles  
Bike Course

00:42:48

Shoe Clinic /  
Asics Run Course

00:28:01