

gratulations

John Richards

for completing the Medium (500m Swim) Triathlon

(Swim 500m, Cycle 20k, Run 5k)

Overall Time: 01:37:34

Race Date: 24 January 2015

with race splits of

Scorching Swim Course

Burkes Cycles Bike Course

Shoe Clinic / New Balance Run Course

00:18:19

00:50:49

00:28:27

00:00:00

00:00:00