



Scorching Triathlons

Congratulations

Lisa Galt

for completing the Long Triathlon

(Swim 1000m, Cycle 30k, Run 8k)

Overall Time: 02:17:58

Race Date: 13 November 2011

with race splits of

2XU Swim Course

00:26:17

Burkes Cycles
Bike Course

01:10:49

Shoe Clinic /
Asics Run Course

00:40:52