



Scorching Triathlons

Congratulations

Louise Griffin

for completing the Long Triathlon

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

Overall Time: 02:18:56

Race Date: 13 November 2011

with race splits of

2XU Swim Course

00:23:49

Burkes Cycles
Bike Course

01:08:44

Shoe Clinic /
Asics Run Course

00:46:23