



# Scorching Triathlons

## **Congratulations**

**Ross Syder**

**for completing the Long Triathlon**

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

**Overall Time: 02:08:06**

Race Date: 13 November 2011

with race splits of

2XU Swim Course

00:24:15

Burkes Cycles  
Bike Course

01:02:57

Shoe Clinic /  
Asics Run Course

00:40:54