



# Scorching Triathlons

## ***Congratulations***

***Tim Shaw***

**for completing the Long Triathlon**

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

**Overall Time: 02:09:03**

Race Date: 13 November 2011

with race splits of

2XU Swim Course

00:17:18

Burkes Cycles  
Bike Course

01:05:12

Shoe Clinic /  
Asics Run Course

00:46:34