



# Scorching Triathlons

## **Congratulations**

### ***Murray Spencer***

**for completing the Long Triathlon**

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

**Overall Time: 02:30:07**

Race Date: 13 November 2011

with race splits of

2XU Swim Course

**00:33:54**

Burkes Cycles  
Bike Course

**01:09:55**

Shoe Clinic /  
Asics Run Course

**00:46:18**