



Scorching Triathlons

Congratulations

Munchkins

Graham Pohl, Karen Wright, Steve Shand

for completing the Long Triathlon

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

Overall Time: 01:49:34

Race Date: 13 November 2011

with race splits of

2XU Swim Course

00:21:26

Burkes Cycles
Bike Course

00:55:29

Shoe Clinic /
Asics Run Course

00:32:39