



Scorching Triathlons

Congratulations

Fred Groen

for completing the Medium (750m Swim) Triathlon

(Swim 750m, Cycle 20k, Run 5k)

Overall Time: 01:25:33

Race Date: 4 December 2011

with race splits of

2XU Swim Course

00:17:53

Burkes Cycles
Bike Course

00:41:13

Shoe Clinic /
Asics Run Course

00:26:27