



Swim

Bike

Run

CONGRATULATIONS

Joe Spraggins

ON FINISHING THE

New Years Day Triathlon

NYD Tri Individuals

RACE DATE

01/01/2019

GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE

Male

3 of 211

M Senior

2 of 78

IN A TIME OF

01:02:41

SWIM

00:07:33

T1

00:00:57

BIKE

00:30:58

T2

00:00:37

RUN

00:22:33

CLUB

Clapham Chasers