

PRESENTED BY  
**MENTOR**  
the power to transform



**SPECTRUM**  
A STEP UP

# SANTA BARBARA TRIATHLON WOMEN-ONLY SPRINT

**Karen McElfresh**

**F-F-Z-S-H-R**



©BAYSIDE

**2006**



**FINISH TIME: 0:58:21**

<b>SWIM</b>	<b>T1</b>	<b>BIKE</b>	<b>T2</b>	<b>RUN</b>
<b>0:13:23</b>	<b>0:03:07</b>	<b>0:21:07</b>	<b>0:02:51</b>	<b>0:17:56</b>