



WIN for KC TRIATHLON | JULY 28, 2018

presented by GARMIN®

**ANNIE NOLAND**

500 meter  
**SWIM**  
11:47

10 mile  
**BIKE**  
2:40

3.1 mile  
**RUN**  
39:30

**FINISH**  
**1:29:08**

*I am an athlete*