

# CONGRATULATIONS!

Mark INGWERSEN

**FOR COMPLETING THE SPRINT DUATHLON**  
*As part of the Canberra Duathlon 11<sup>th</sup> June 2022*

00:21:33

5KM RUN

00:34:29

20KM BIKE

00:11:01

2.5KM RUN

01:09:39

OVERALL RACE TIME

50-54

CATEGORY

1

CATEGORY PLACING

2

OVERALL PLACING