

# CONGRATULATIONS!

Len BENSON

FOR COMPLETING THE STANDARD DUATHLON

*As part of the Canberra Duathlon 11<sup>th</sup> June 2022*

00:49:57

10KM RUN

01:19:29

40KM BIKE

00:26:37

5KM RUN

02:38:41

OVERALL RACE TIME

65-69

CATEGORY

2

CATEGORY PLACING

59

OVERALL PLACING