

# CONGRATULATIONS!

Rod ROSE

FOR COMPLETING THE STANDARD DUATHLON

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

00:50:52

10KM RUN

01:30:34

40KM BIKE

00:27:52

5KM RUN

02:53:58

OVERALL RACE TIME

65-69

CATEGORY

3

CATEGORY PLACING

80

OVERALL PLACING