

# CONGRATULATIONS!

Matthew SANDFORD

FOR COMPLETING THE STANDARD DUATHLON

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

00:41:56

10KM RUN

01:05:53

40KM BIKE

00:22:35

5KM RUN

02:12:11

OVERALL RACE TIME

25-29

CATEGORY

4

CATEGORY PLACING

21

OVERALL PLACING