

# CONGRATULATIONS!

TEAM Tri Hard

FOR COMPLETING THE STANDARD DUATHLON

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

00:56:49

10KM RUN

01:16:54

40KM BIKE

00:35:22

5KM RUN

02:50:48

OVERALL RACE TIME

Relay

CATEGORY

2

CATEGORY PLACING

4

OVERALL PLACING