

# CONGRATULATIONS!

Garry FRENCHY

FOR COMPLETING THE SPRINT DUATHLON

*As part of the Canberra Duathlon 17<sup>th</sup> June 2023*

00:21:08

5KM RUN

00:34:51

20KM BIKE

00:10:55

2.5KM RUN

01:09:11

OVERALL RACE TIME

35-39

CATEGORY

1

CATEGORY PLACING

2

OVERALL PLACING