

# CONGRATULATIONS!

Shona HART

FOR COMPLETING THE SPRINT DUATHLON

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

00:25:16

5KM RUN

00:41:52

20KM BIKE

00:12:34

2.5KM RUN

01:22:18

OVERALL RACE TIME

50-54

CATEGORY

3

CATEGORY PLACING

21

OVERALL PLACING