

CONGRATULATIONS!

Guy JONES-MESSAGE

FOR COMPLETING THE SPRINT DUATHLON

As part of the Canberra Duathlon 17th June 2023

00:22:56

5KM RUN

00:31:04

20KM BIKE

00:10:08

2.5KM RUN

01:06:04

OVERALL RACE TIME

40-44

CATEGORY

1

CATEGORY PLACING

1

OVERALL PLACING