

# CONGRATULATIONS!

Tamara SHIRVINGTON

FOR COMPLETING THE SPRINT DUATHLON

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

00:25:22

5KM RUN

00:40:50

20KM BIKE

00:12:26

2.5KM RUN

01:22:05

OVERALL RACE TIME

40-44

CATEGORY

1

CATEGORY PLACING

19

OVERALL PLACING