

# CONGRATULATIONS!

Reg SHERIDAN

FOR COMPLETING THE SPRINT DUATHLON

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

00:24:33

5KM RUN

00:34:43

20KM BIKE

00:11:53

2.5KM RUN

01:13:30

OVERALL RACE TIME

60-64

CATEGORY

1

CATEGORY PLACING

5

OVERALL PLACING