

# CONGRATULATIONS!

Jo ARNDELL

FOR COMPLETING THE STANDARD DUATHLON

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

01:00:34

10KM RUN

01:21:11

40KM BIKE

00:33:14

5KM RUN

02:59:28

OVERALL RACE TIME

50-54

CATEGORY

7

CATEGORY PLACING

168

OVERALL PLACING