

# CONGRATULATIONS!

Ellen GLENNAN

FOR COMPLETING THE STANDARD DUATHLON

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

00:46:56

10KM RUN

01:15:32

40KM BIKE

00:24:05

5KM RUN

02:29:38

OVERALL RACE TIME

50-54

CATEGORY

2

CATEGORY PLACING

96

OVERALL PLACING