

# CONGRATULATIONS!

Matthew HEARD

**FOR COMPLETING THE STANDARD DUATHLON**

*As part of the Canberra Duathlon 11<sup>th</sup> June 2022*

00:38:48

10KM RUN

01:02:05

40KM BIKE

00:20:09

5KM RUN

02:03:01

OVERALL RACE TIME

40-44

CATEGORY

5

CATEGORY PLACING

11

OVERALL PLACING