



Scorching Triathlons

Congratulations

Dale Humphries

for completing the Short Duathlon

(Run 1.2k, Cycle 15k, Run 2.5k)

Overall Time: 00:57:36

Race Date: 4 December 2011

with race splits of

Shoe Clinic /
Asics Run Course

00:11:43

Burkes Cycles
Bike Course

00:32:07

Shoe Clinic /
Asics Run Course

00:13:46