



Scorching Triathlons

Congratulations

Tineke Hooft

for completing the Long Duathlon

(Run 4k, Cycle 30k, Run 8k)

Overall Time: 02:06:41

Race Date: 13 November 2011

with race splits of

Shoe Clinic /
Asics Run Course

00:19:17

Burkes Cycles
Bike Course

01:09:22

Shoe Clinic /
Asics Run Course

00:38:03