



# 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**