



FINISHER CERTIFICATE

Team Spf 1

successfully completed the

Manteno Triathlon

FINISH PLACE

Duathlon Relays 3 of 4

Mixed
Co-ed Relay 3 of 4

FINISH TIME

1:29:29.7

RUN: 8:52.6

T1: 1:01.8

BIKE: 49:53.8

T2: 40.2

RUN: 29:01.1

July 28 2018