



**CONGRATULATIONS**

**Paul Freeman**

**ON FINISHING THE**

**Helix Duathlon Festival**

**Novice Duathlon**

**RACE DATE**

**22/09/2018**

**GENDER - GENDER PLACE - CATEGORY - CATEGORY PLACE**  
**Male 26 of 42 MV 15 of 23**

**IN A TIME OF**

**00:55:39**

**Run 00:17:36 T1 00:00:55 BIKE 00:26:55 T2 00:00:54 RUN 00:09:17**

**CLUB**