



# Congratulations on finishing the Mount Rainier Duathlon



## Long Course

*Sunday April 28, 2019*



<b>Name:</b>	Karen Lam	<b>First Run:</b>	00:50:07
<b>Finish Time:</b>	03:28:11	<b>T1:</b>	00:01:27
<b>Overall Position:</b>	66/75	<b>Bike:</b>	01:59:09
<b>Category Position:</b>	50-54	<b>T2:</b>	00:01:01
<b>Gender Position:</b>	19/26	<b>Second Run:</b>	00:36:26
	3/4		

