



Duathlon Team Relay

High Lodge - 12th January 2020

Results



| Position | Team | Run 1 | Bike | Run 2 | Finish Time |
|----------|-----------------|----------|----------|----------|-------------|
| 1 | Redwell Rockets | 00:20:13 | 00:29:10 | 00:09:55 | 00:59:19 |
| 2 | High Flyers | 00:20:16 | 00:29:05 | 00:09:59 | 00:59:20 |
| 3 | No Dogs Allowed | 00:21:21 | 00:34:32 | 00:11:06 | 01:06:59 |
| 4 | Ware Are We | 00:28:48 | 00:30:58 | 00:14:49 | 01:14:35 |