

# ROCKMAN

X-TRIATHLON & DUATHLON

## ULTRA TRIATHLON

# CERTIFICATE OF ACHIEVEMENT



**Jaco VENTER**

**Finish Time:** 04:32:04 **Overall Pos:** 8

**Swim:** 00:29:39 **Bike:** 02:22:31 **Run:** 01:36:05

**Age Group:** Sen 30-39 **Group Ranking:** 4