



750M		SWIM
20KM		BIKE
5KM		RUN

FINISHER	John Paul MAKONA STROOP				
RACE	2023 Africa Triathlon Cup Kilifi			2023/11/25	
SWIM	00:14:05	BIKE	00:39:38	RUN	00:15:57
AGE GROUP	7 Elite U23	GENDER	12 Male	OVER ALL	12 01:10:03

