



National Duathlon Championships Results

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Results



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2019 RESULTS

NO	NAME	GENDER	RUN	BIKE	RUN	TOTAL
1.	KENNEDY OCHIENG	MALE	00:32:00	01:05:30	00:21:29	01:59:59
2.	GIDEON RUTO	MALE	00:31:10	01:09:30	00:20:19	02:01:59
3.	VINCENT OCHIENG	MALE	00:34:40	01:03:24	00:24:56	02:03:00
4.	MARTIN SHIKUKU	MALE	00:33:00	01:12:57	00:22:46	02:08:43
5.	MASON NYANGAU	MALE	00:32:43	01:15:54	00:25:33	02:14:10
6.	MANUEL OCHIENG	MALE	00:35:15	01:14:40	00:27:05	02:17:00
7.	DERRICK JUMA	MALE	00:37:40	01:12:10	00:29:30	02:19:20
8.	ELISHA MATEKA	MALE	00:35:55	01:13:47	00:33:18	02:23:00
9.	RALLY MASILA	MALE	00:37:42	01:12:18	00:35:10	02:25:10
10.	DOMINIC ROTICH	MALE	00:35:39	01:29:34	00:31:59	02:37:12
11.	DUNCAN WASHINGTON	MALE	00:57:00	01:28:23	00:24:57	02:50:20
12.	COLLINS ODUOR	MALE	00:57:31	01:25:17	00:40:14	03:03:02
13.	EDDY ODHIAMBO	MALE	00:41:15	01:14:40	-	DNF

SPRINT DUATHLON RESULTS