



GRAND RAPIDS TRIATHLON



# CRAIG JAMES-HEER

Has Successfully Completed The  
**Sprint Triathlon**

On June 8, 2014

---

Time: **01:08:17**

---

Swim	Tran 1	Bike	Tran 2	Run
00:12:11	00:01:48	00:33:13	00:01:31	00:19:32
Category	Category	Gender	Overall	
40-44	Place	Place	Place	
	1	10	11	