



**This Certifies That  
JONAH HEEMSTRA  
Has Successfully Completed The  
2018 Tri Del Sol  
Sprint Triathlon**

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**Time: 01:25:42**

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<u>Swim</u>	<u>Tran 1</u>	<u>Bike</u>	<u>Tran 2</u>	<u>Run</u>
00:13:28	00:03:00	00:39:25	00:00:48	00:28:59
<u>Category</u>	<u>Category Place</u>	<u>Gender Place</u>	<u>Overall Place</u>	
Clydes	3	29	46	