

Leslie Amat wins bronze in Salinas Triathlon

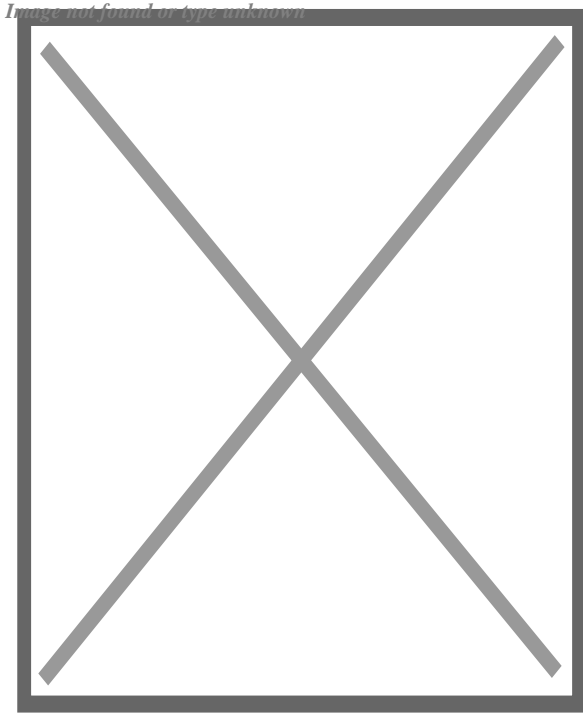


Photo: Leslie Amat (JIT).

Havana, April 25 (RHC)-- Cuban Leslie Amat Alvarez won the bronze medal at the Salinas Triathlon 2023, in Ecuador.

The best exponent of the sport on the island finished her performance in 1:00:25 hours, in a race in which only Mexican Cecilia Perez, winner with 59:59 minutes, went under the hour mark.

Also before Amat, the host Paula Jara entered the finish line with 1:00:13 hours, after a hard fight with the Cuban.

According to experts, the Antillean's Achilles heel continues to be the run, which she did in 8:17 minutes, as she runs well in the transitions and can lower her times in the swimming and cycling.

She participated in the elite distance of 1.5 kilometers of swimming, 40 kilometers of cycling and 10 kilometers of running, according to the official website of World Triathlon (WT), the governing organization

of the sport.

The event awarded points for the qualification ladder for the 2023 Central Caribbean and Pan American Games, lists that have yet to be updated.

<https://www.radiohc.cu/index.php/en/noticias/deportes/320683-leslie-amat-wins-bronze-in-salinas-triathlon>



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