

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Lizzie GATENBY

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:05:27

200M SWIM SPLIT

00:16:04

10KM BIKE SPLIT

00:10:34

2KM RUN SPLIT

00:39:57

OVERALL TIME

20-29

CATEGORY

10

CATEGORY PLACING

96

OVERALL PLACING