

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Lauren KOWAL

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:24:19

1.5KM SWIM SPLIT

01:19:42

40KM BIKE SPLIT

00:49:24

10KM RUN SPLIT

02:38:29

OVERALL TIME

20-24

CATEGORY

5

CATEGORY PLACING

283

OVERALL PLACING