

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Nicole COX

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:25:30

1.5KM SWIM SPLIT

01:13:42

40KM BIKE SPLIT

00:51:26

10KM RUN SPLIT

02:35:35

OVERALL TIME

50-54

CATEGORY

5

CATEGORY PLACING

241

OVERALL PLACING