

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Ronda GAINSFORD

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:29:23

1.5KM SWIM SPLIT

01:20:08

40KM BIKE SPLIT

01:08:00

10KM RUN SPLIT

03:02:59

OVERALL TIME

60-64

CATEGORY

2

CATEGORY PLACING

442

OVERALL PLACING