

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Ellen GLENNAN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:24:24

1.5KM SWIM SPLIT

01:10:54

40KM BIKE SPLIT

00:45:31

10KM RUN SPLIT

02:24:59

OVERALL TIME

50-54

CATEGORY

1

CATEGORY PLACING

144

OVERALL PLACING