

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Carly HAY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:29:57

1.5KM SWIM SPLIT

01:21:08

40KM BIKE SPLIT

00:58:39

10KM RUN SPLIT

02:55:05

OVERALL TIME

25-29

CATEGORY

17

CATEGORY PLACING

408

OVERALL PLACING