

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Laura HIGGINS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 23<sup>rd</sup> April 2023*

00:26:06

1.5KM SWIM SPLIT

01:13:54

40KM BIKE SPLIT

00:51:11

10KM RUN SPLIT

02:35:37

OVERALL TIME

45-49

CATEGORY

3

CATEGORY PLACING

242

OVERALL PLACING