

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Helen KING

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:29:22

1.5KM SWIM SPLIT

01:10:03

40KM BIKE SPLIT

00:47:29

10KM RUN SPLIT

02:33:04

OVERALL TIME

25-29

CATEGORY

3

CATEGORY PLACING

216

OVERALL PLACING