

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Lauren KOWAL

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:19

1.5KM SWIM SPLIT

01:19:42

40KM BIKE SPLIT

00:49:24

10KM RUN SPLIT

02:38:29

OVERALL TIME

20-24

CATEGORY

5

CATEGORY PLACING

283

OVERALL PLACING