

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Sarah MELROSE

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:31:46

1.5KM SWIM SPLIT

01:33:31

40KM BIKE SPLIT

00:53:20

10KM RUN SPLIT

03:09:11

OVERALL TIME

30-34

CATEGORY

15

CATEGORY PLACING

460

OVERALL PLACING