

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jessica METZ

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:28:03

1.5KM SWIM SPLIT

01:15:27

40KM BIKE SPLIT

00:50:07

10KM RUN SPLIT

02:39:08

OVERALL TIME

25-29

CATEGORY

5

CATEGORY PLACING

289

OVERALL PLACING