

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Lauren MYERS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:22:24

1.5KM SWIM SPLIT

01:13:38

40KM BIKE SPLIT

00:55:46

10KM RUN SPLIT

02:35:38

OVERALL TIME

20-24

CATEGORY

2

CATEGORY PLACING

243

OVERALL PLACING