

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Lauren MYERS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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