

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Monica POPPLESTONE

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:23:43

1.5KM SWIM SPLIT

00:46:22

40KM BIKE SPLIT

10KM RUN SPLIT

OVERALL TIME

30-34

CATEGORY

CATEGORY PLACING

OVERALL PLACING