

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Lyndsay ZAREW

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:21:45

1.5KM SWIM SPLIT

01:10:08

40KM BIKE SPLIT

00:49:38

10KM RUN SPLIT

02:25:25

OVERALL TIME

30-34

CATEGORY

2

CATEGORY PLACING

150

OVERALL PLACING