

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Lance GEORGE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:12:17

750M SWIM SPLIT

00:34:56

20KM BIKE SPLIT

00:00:00

5KM RUN SPLIT

01:14:56

OVERALL TIME

35-39

CATEGORY

12

CATEGORY PLACING

84

OVERALL PLACING