

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Laura BRIDGEWATER

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 23<sup>rd</sup> April 2023*

00:14:28

750M SWIM SPLIT

00:46:55

20KM BIKE SPLIT

00:25:07

5KM RUN SPLIT

01:31:55

OVERALL TIME

35-39

CATEGORY

11

CATEGORY PLACING

393

OVERALL PLACING