

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Laura BRIDGEWATER

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd 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