

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Bernice DE JAGER

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:45

750M SWIM SPLIT

00:35:34

20KM BIKE SPLIT

00:19:44

5KM RUN SPLIT

01:11:10

OVERALL TIME

20-24

CATEGORY

1

CATEGORY PLACING

45

OVERALL PLACING