

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 23rd 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