

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Elissa DEENICK

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:15:40

750M SWIM SPLIT

00:46:00

20KM BIKE SPLIT

00:26:59

5KM RUN SPLIT

01:34:29

OVERALL TIME

45-49

CATEGORY

5

CATEGORY PLACING

441

OVERALL PLACING