

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jade KING

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:17:00

750M SWIM SPLIT

00:56:09

20KM BIKE SPLIT

00:24:55

5KM RUN SPLIT

01:44:20

OVERALL TIME

35-39

CATEGORY

22

CATEGORY PLACING

550

OVERALL PLACING