

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jen LAMY MEDINA

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:14:22

750M SWIM SPLIT

00:39:35

20KM BIKE SPLIT

00:23:20

5KM RUN SPLIT

01:23:51

OVERALL TIME

40-44

CATEGORY

11

CATEGORY PLACING

217

OVERALL PLACING