

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Kim LANGE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:16:36

750M SWIM SPLIT

00:38:32

20KM BIKE SPLIT

00:24:36

5KM RUN SPLIT

01:26:21

OVERALL TIME

50-54

CATEGORY

3

CATEGORY PLACING

276

OVERALL PLACING