

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Michelle ROCHE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:15:32

750M SWIM SPLIT

00:39:30

20KM BIKE SPLIT

00:23:07

5KM RUN SPLIT

01:24:15

OVERALL TIME

35-39

CATEGORY

5

CATEGORY PLACING

227

OVERALL PLACING