

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Rachael ROSS

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:13:31

750M SWIM SPLIT

00:38:20

20KM BIKE SPLIT

00:23:09

5KM RUN SPLIT

01:21:49

OVERALL TIME

20-24

CATEGORY

7

CATEGORY PLACING

174

OVERALL PLACING