

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Allira SAZDANOFF-HAYNES

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:14:30

750M SWIM SPLIT

00:41:09

20KM BIKE SPLIT

00:23:28

5KM RUN SPLIT

01:24:28

OVERALL TIME

35-39

CATEGORY

6

CATEGORY PLACING

232

OVERALL PLACING