

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Cassandra SERMON

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:15:05

750M SWIM SPLIT

00:20:12

20KM BIKE SPLIT

00:25:43

5KM RUN SPLIT

01:05:30

OVERALL TIME

35-39

CATEGORY

CATEGORY PLACING

OVERALL PLACING