

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Erin SHEEHAN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:14:08

750M SWIM SPLIT

00:41:24

20KM BIKE SPLIT

00:30:30

5KM RUN SPLIT

01:33:39

OVERALL TIME

45-49

CATEGORY

3

CATEGORY PLACING

423

OVERALL PLACING