

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Samantha SHIELDS

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:18:21

750M SWIM SPLIT

00:47:58

20KM BIKE SPLIT

00:29:53

5KM RUN SPLIT

01:43:46

OVERALL TIME

35-39

CATEGORY

21

CATEGORY PLACING

545

OVERALL PLACING