

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Alma SUTHERLAND

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:16:38

750M SWIM SPLIT

00:44:55

20KM BIKE SPLIT

00:28:04

5KM RUN SPLIT

01:37:42

OVERALL TIME

35-39

CATEGORY

15

CATEGORY PLACING

488

OVERALL PLACING