

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

TEAM Balmain Rowers

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:15:34

750M SWIM SPLIT

00:42:48

20KM BIKE SPLIT

00:00:00

5KM RUN SPLIT

01:30:12

OVERALL TIME

Relay

CATEGORY

5

CATEGORY PLACING

11

OVERALL PLACING