

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Ash CANNELL

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:04:08

200M SWIM SPLIT

00:16:07

10KM BIKE SPLIT

00:10:20

2KM RUN SPLIT

00:36:43

OVERALL TIME

12-13

CATEGORY

11

CATEGORY PLACING

58

OVERALL PLACING