

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Lisa DHALIWAL

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:04:45

200M SWIM SPLIT

00:18:42

10KM BIKE SPLIT

00:11:11

2KM RUN SPLIT

00:40:27

OVERALL TIME

40-49

CATEGORY

6

CATEGORY PLACING

106

OVERALL PLACING