

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Karina FLEUREN

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 23<sup>rd</sup> April 2023*

00:04:19

200M SWIM SPLIT

00:19:47

10KM BIKE SPLIT

00:12:38

2KM RUN SPLIT

00:42:53

OVERALL TIME

30-39

CATEGORY

26

CATEGORY PLACING

163

OVERALL PLACING