

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Beth GRANGER

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:38

200M SWIM SPLIT

00:16:45

10KM BIKE SPLIT

00:11:45

2KM RUN SPLIT

00:40:37

OVERALL TIME

30-39

CATEGORY

13

CATEGORY PLACING

114

OVERALL PLACING