

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Alyson JONES

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:05:08

200M SWIM SPLIT

00:16:54

10KM BIKE SPLIT

00:13:20

2KM RUN SPLIT

00:42:32

OVERALL TIME

40-49

CATEGORY

14

CATEGORY PLACING

159

OVERALL PLACING