

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Lauren LYNCH

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:05:07

200M SWIM SPLIT

00:19:40

10KM BIKE SPLIT

00:12:42

2KM RUN SPLIT

00:43:43

OVERALL TIME

40-49

CATEGORY

15

CATEGORY PLACING

173

OVERALL PLACING