

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nicole MEDDOWS

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:44

200M SWIM SPLIT

00:18:26

10KM BIKE SPLIT

00:13:09

2KM RUN SPLIT

00:42:19

OVERALL TIME

40-49

CATEGORY

12

CATEGORY PLACING

151

OVERALL PLACING