

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 23rd 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