

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Elizabeth ROWE

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:16

200M SWIM SPLIT

00:15:58

10KM BIKE SPLIT

00:13:39

2KM RUN SPLIT

00:41:12

OVERALL TIME

40-49

CATEGORY

10

CATEGORY PLACING

129

OVERALL PLACING