

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Lauren SKELLERN

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:23

200M SWIM SPLIT

00:15:43

10KM BIKE SPLIT

00:11:23

2KM RUN SPLIT

00:38:18

OVERALL TIME

30-39

CATEGORY

7

CATEGORY PLACING

80

OVERALL PLACING