

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Ella NUGENT

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:04:23

200M SWIM SPLIT

00:18:30

10KM BIKE SPLIT

00:12:34

2KM RUN SPLIT

00:41:38

OVERALL TIME

20-29

CATEGORY

19

CATEGORY PLACING

142

OVERALL PLACING