

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

TEAM Mind over Miles

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:03:38

200M SWIM SPLIT

00:16:23

10KM BIKE SPLIT

00:09:18

2KM RUN SPLIT

00:32:43

OVERALL TIME

Relay

CATEGORY

2

CATEGORY PLACING

2

OVERALL PLACING