

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Liesl SPINNER

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:04:08

200M SWIM SPLIT

00:19:44

10KM BIKE SPLIT

00:22:30

2KM RUN SPLIT

00:51:33

OVERALL TIME

12-19

CATEGORY

1

CATEGORY PLACING

32

OVERALL PLACING