

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Cassandra TSOKOS`

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:05:16

200M SWIM SPLIT

00:17:20

10KM BIKE SPLIT

00:12:12

2KM RUN SPLIT

00:41:35

OVERALL TIME

20-29

CATEGORY

3

CATEGORY PLACING

16

OVERALL PLACING