

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Liz WIDDICOMBE

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:04:58

200M SWIM SPLIT

00:17:17

10KM BIKE SPLIT

00:13:46

2KM RUN SPLIT

00:44:20

OVERALL TIME

60-69

CATEGORY

1

CATEGORY PLACING

24

OVERALL PLACING