

# CONGRATULATIONS!

Jodie INGRAM

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 21<sup>st</sup> April 2024*

00:04:20

200M SWIM SPLIT

00:15:51

10KM BIKE SPLIT

00:13:10

2KM RUN SPLIT

00:40:35

OVERALL TIME

30-39

CATEGORY

14

CATEGORY PLACING

115

OVERALL PLACING