

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jane SPALDING

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:17:38

750M SWIM SPLIT

00:42:19

20KM BIKE SPLIT

00:27:51

5KM RUN SPLIT

01:35:33

OVERALL TIME

65-69

CATEGORY

2

CATEGORY PLACING

459

OVERALL PLACING