

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Nikki GILES

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:12:21

750M SWIM SPLIT

00:44:37

20KM BIKE SPLIT

00:24:59

5KM RUN SPLIT

01:28:10

OVERALL TIME

30-34

CATEGORY

11

CATEGORY PLACING

315

OVERALL PLACING