

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Jenna VAN DER MERWE

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 23<sup>rd</sup> April 2023*

00:03:22

200M SWIM SPLIT

00:19:04

10KM BIKE SPLIT

00:12:57

2KM RUN SPLIT

00:41:22

OVERALL TIME

30-39

CATEGORY

19

CATEGORY PLACING

134

OVERALL PLACING