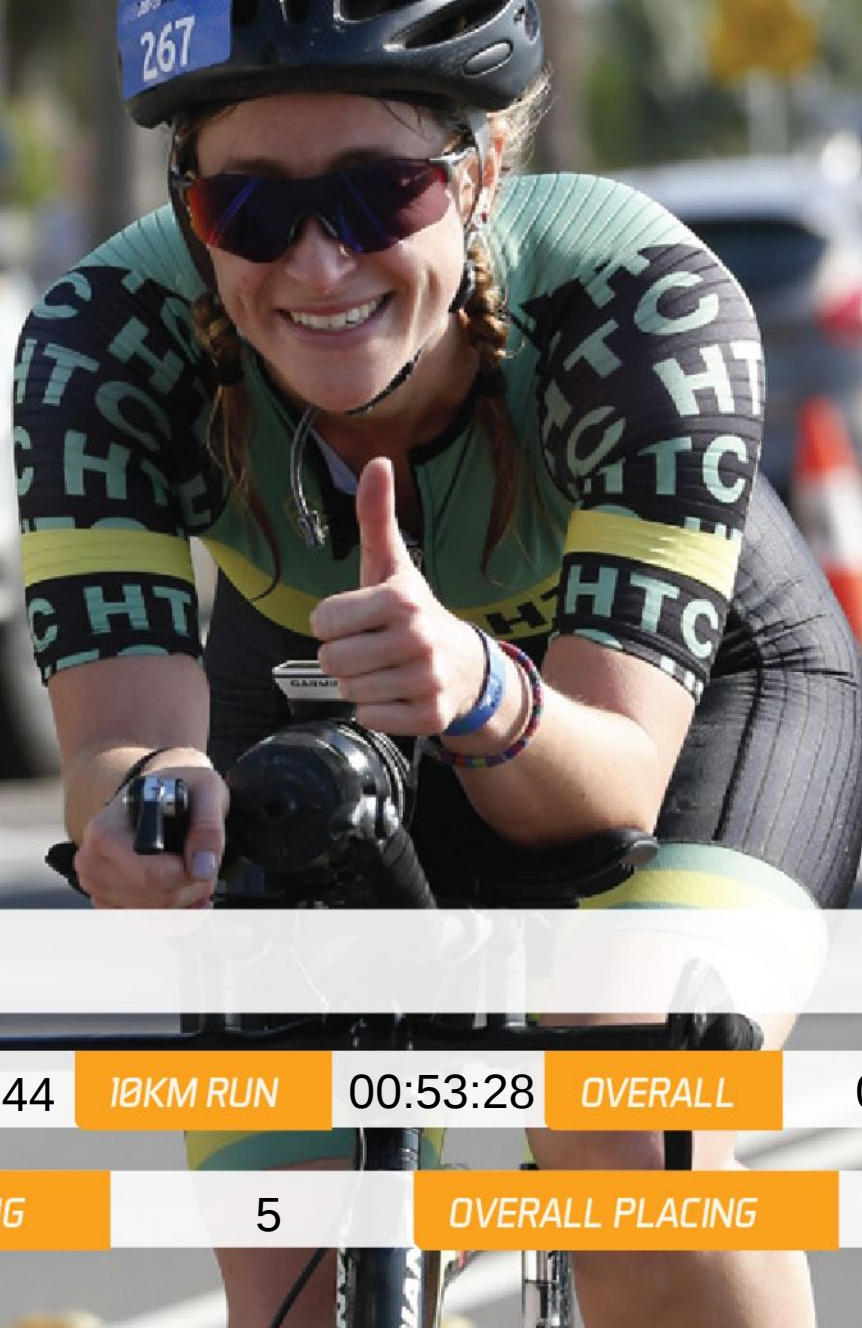




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Seppo Kael

1.5KM SWIM

00:31:12

40KM BIKE

01:14:44

10KM RUN

00:53:28

OVERALL

02:46:20

CATEGORY

50-54

CATEGORY PLACING

5

OVERALL PLACING

144

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Crafting your space

catfish