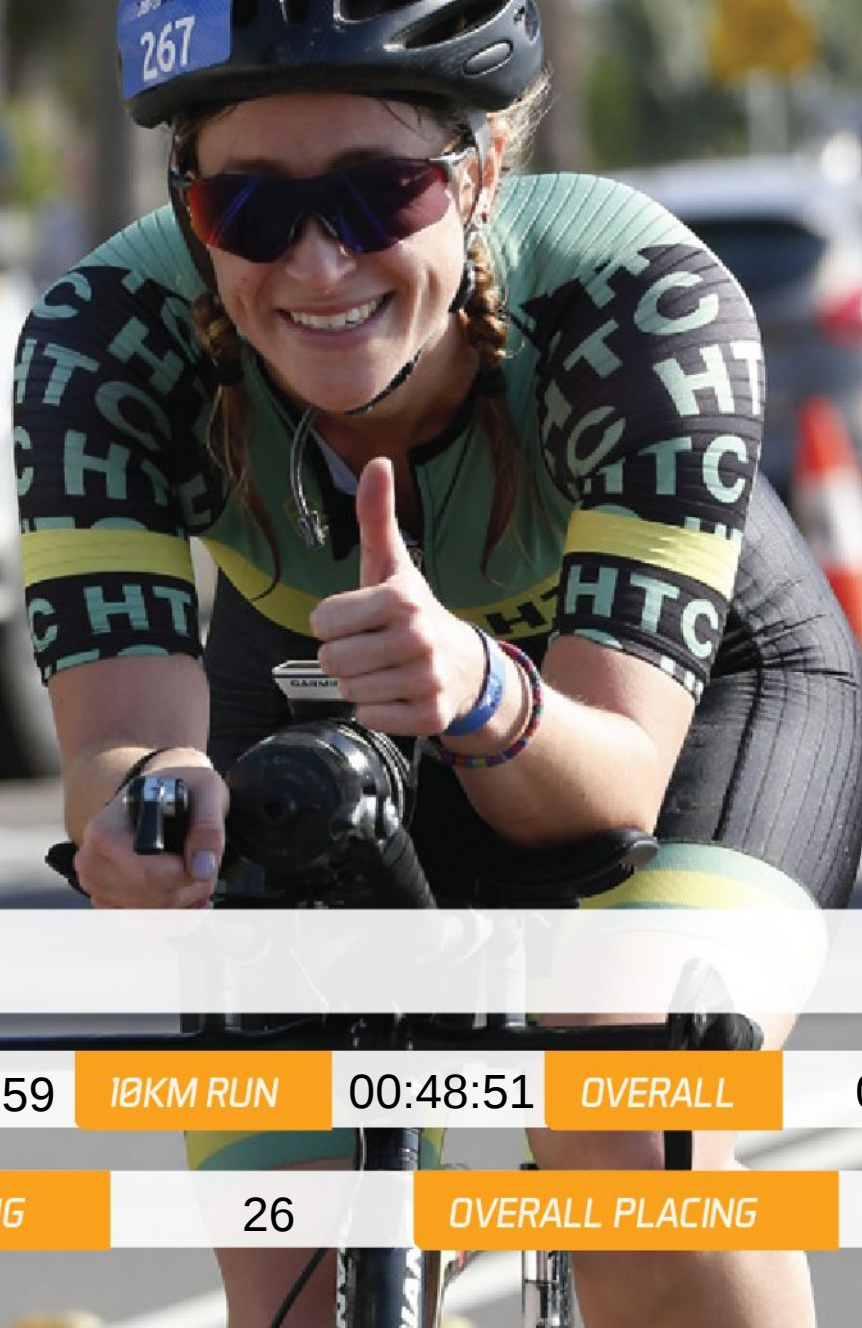




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Dean DE ROOY

1.5KM SWIM

00:32:35

40KM BIKE

01:08:59

10KM RUN

00:48:51

OVERALL

02:35:33

CATEGORY

30-34

CATEGORY PLACING

26

OVERALL PLACING

77

POWERADE.

Destination
WOLLONGONG

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ENERGY STRIPS™

Peoplecare

fisiocrem™

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EY

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Management

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soto
Crafting your space

catfish