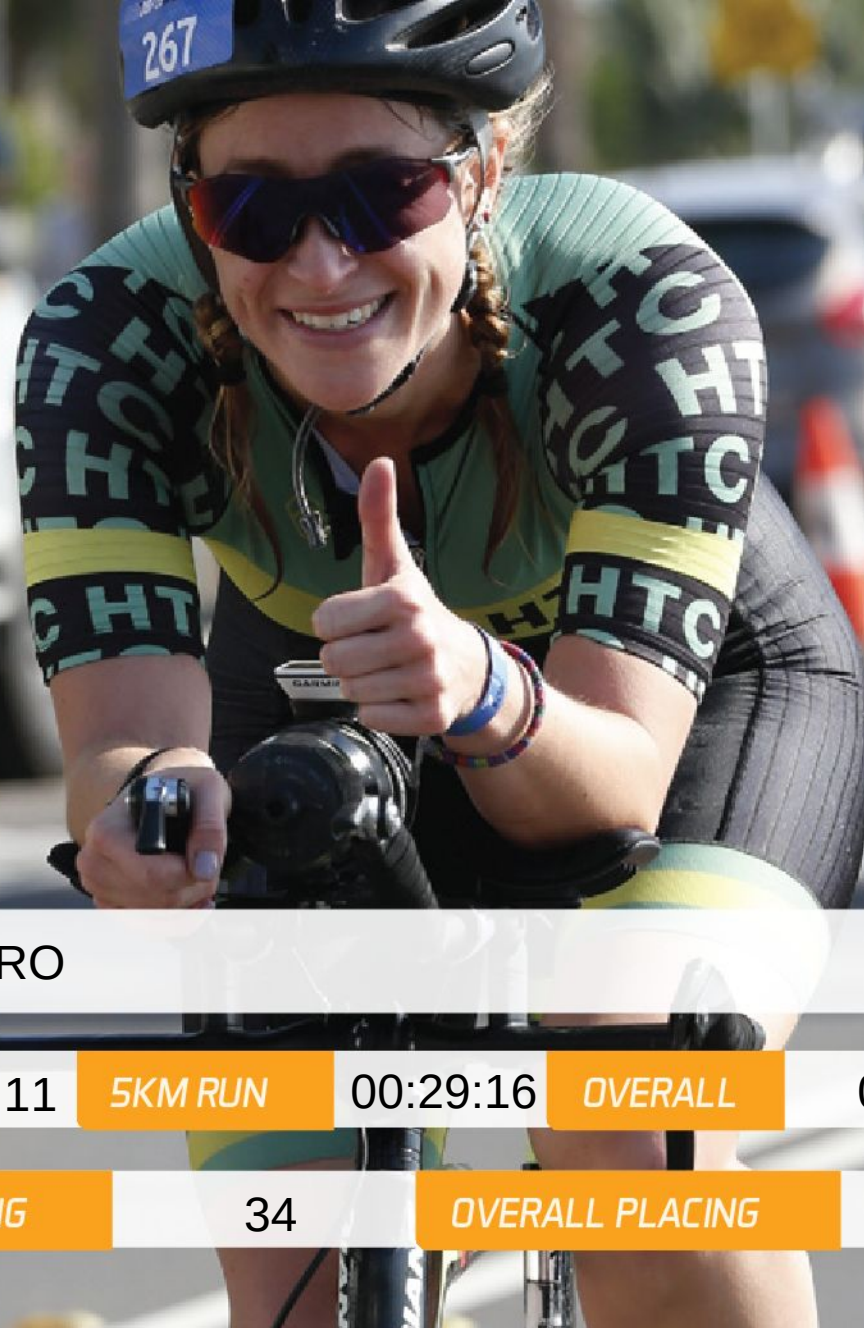




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Christopher MUNRO

750M SWIM	00:15:52	20KM BIKE	00:39:11	5KM RUN	00:29:16	OVERALL	01:30:48
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CATEGORY	30-34	CATEGORY PLACING	34	OVERALL PLACING	222
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POWERADE.

Destination
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KIND

soto
Coughing required

catfish