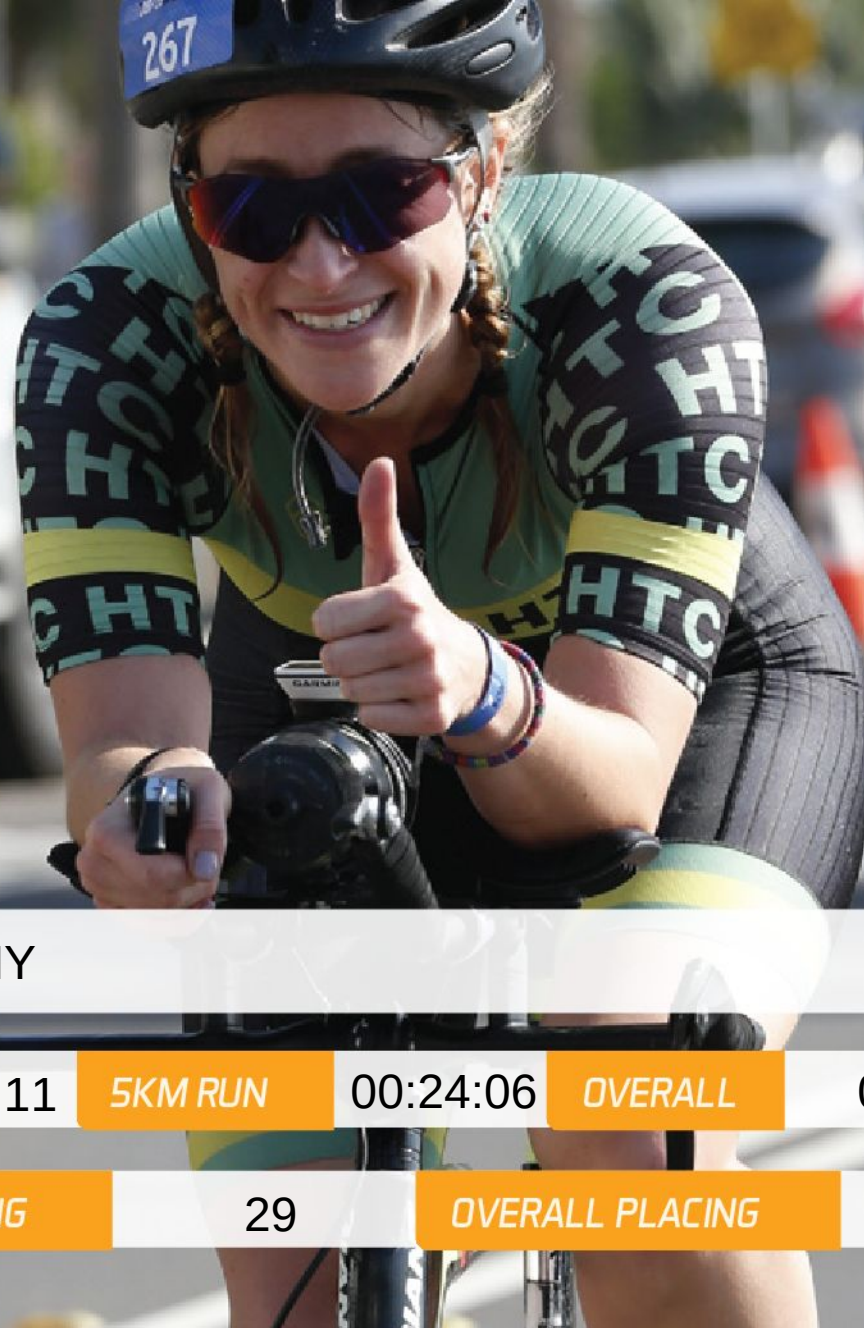




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Aodhgan MURPHY

750M SWIM	00:19:10	20KM BIKE	00:38:11	5KM RUN	00:24:06	OVERALL	01:27:32
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CATEGORY	30-34	CATEGORY PLACING	29	OVERALL PLACING	178
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POWERADE.

Destination
WOLLONGONG

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KIND

soto
Coughing required

catfish