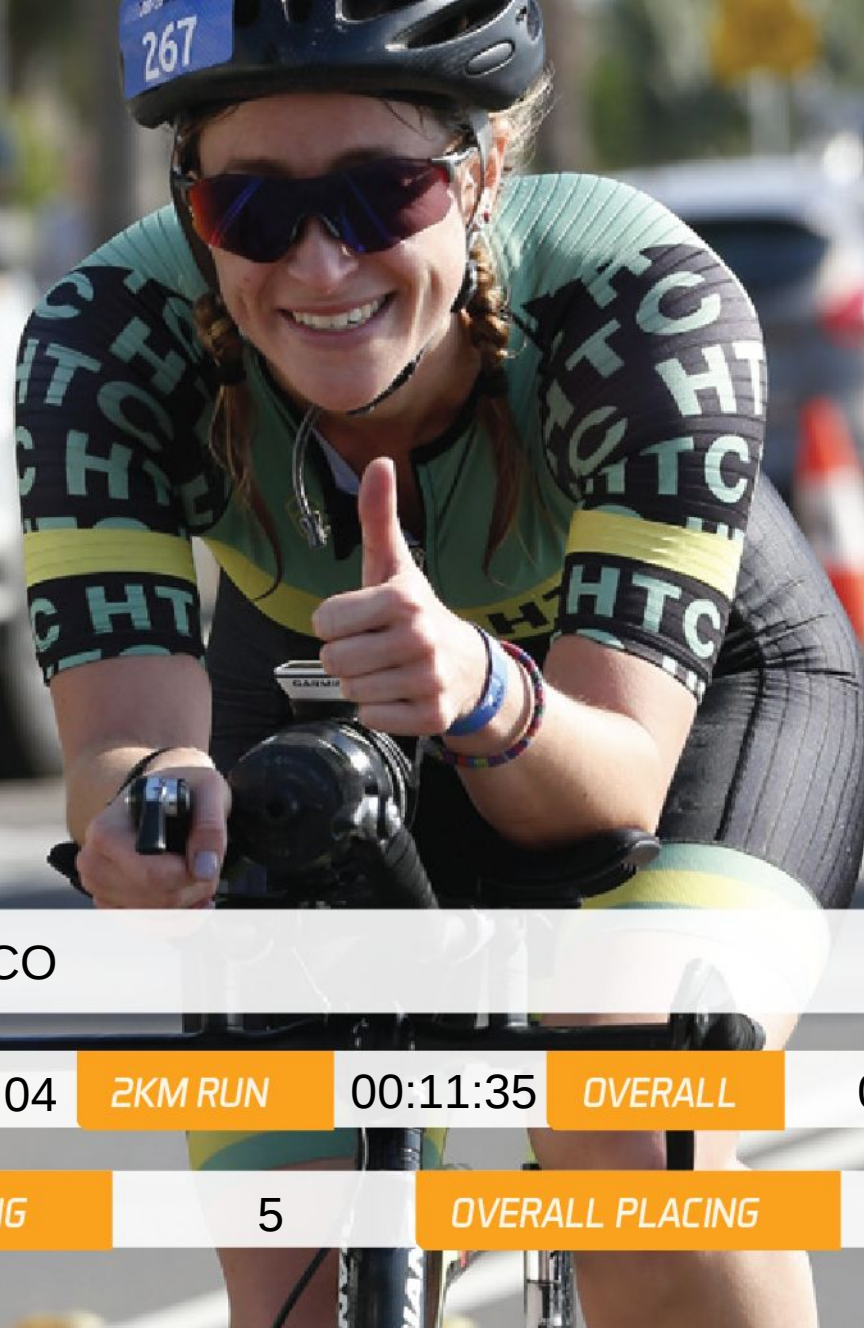




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Ronell GULMATICO

200M SWIM	00:10:38	10KM BIKE	00:34:04	2KM RUN	00:11:35	OVERALL	01:04:36
CATEGORY	RYM	CATEGORY PLACING	5	OVERALL PLACING	123		

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

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KIND

soto
sustainable

catfish