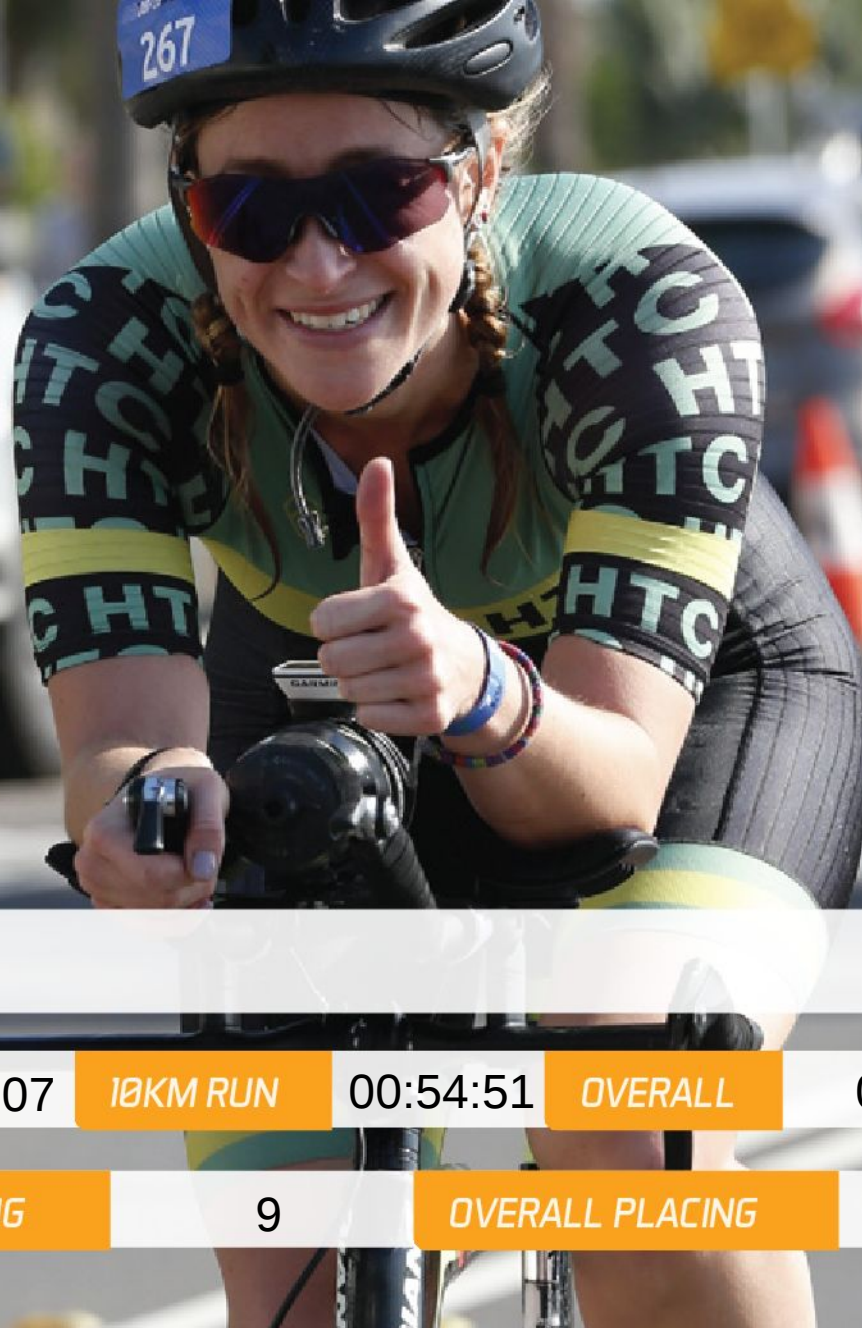




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Simon POLLAK

1.5KM SWIM

00:31:42

40KM BIKE

01:13:07

10KM RUN

00:54:51

OVERALL

02:44:43

CATEGORY

45-49

CATEGORY PLACING

9

OVERALL PLACING

132

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

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KIND

soto
Crafting your space

catfish