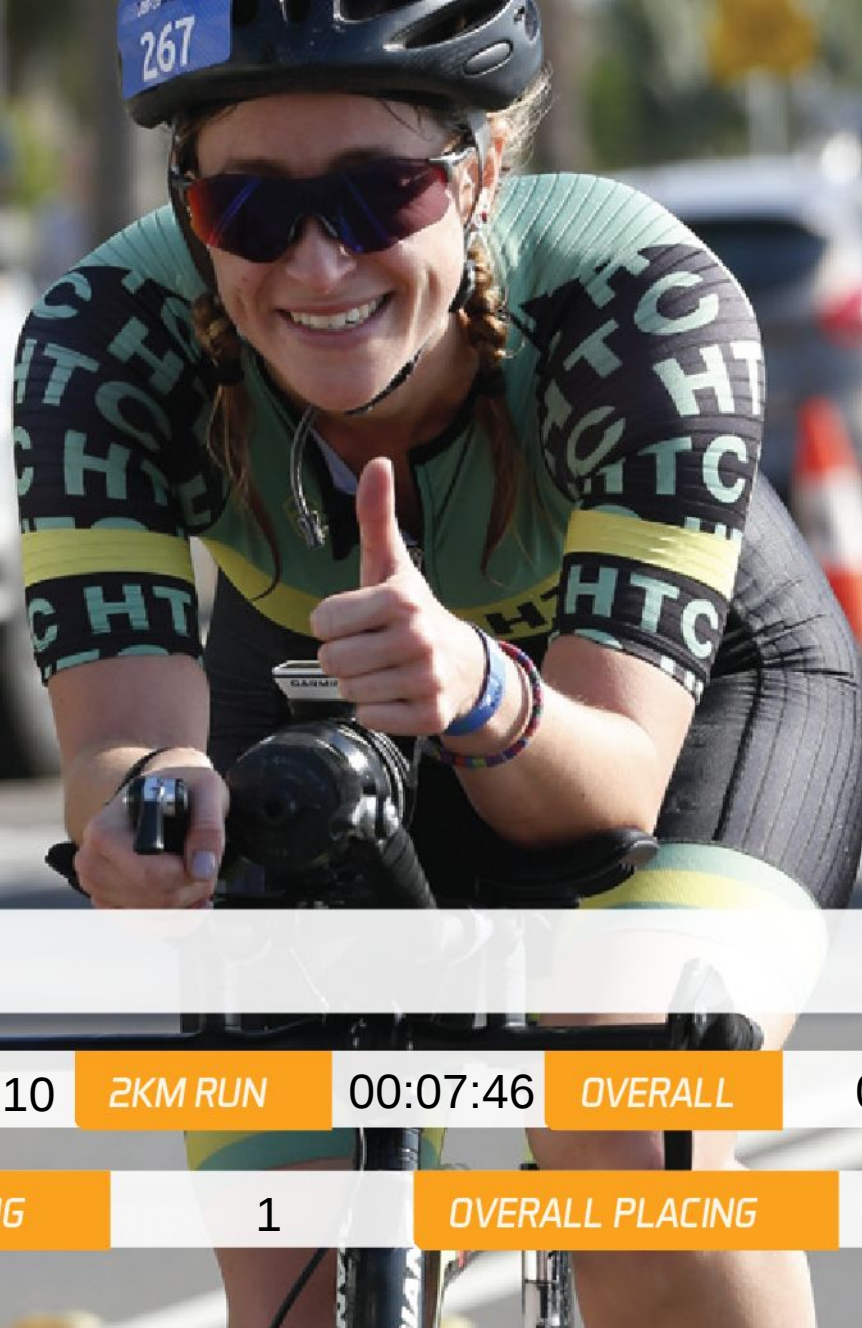




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Jarrold CRUMP

200M SWIM	00:03:47	10KM BIKE	00:15:10	2KM RUN	00:07:46	OVERALL	00:30:27
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CATEGORY	40-49	CATEGORY PLACING	1	OVERALL PLACING	1
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POWERADE.

Destination
WOLLONGONG

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catfish