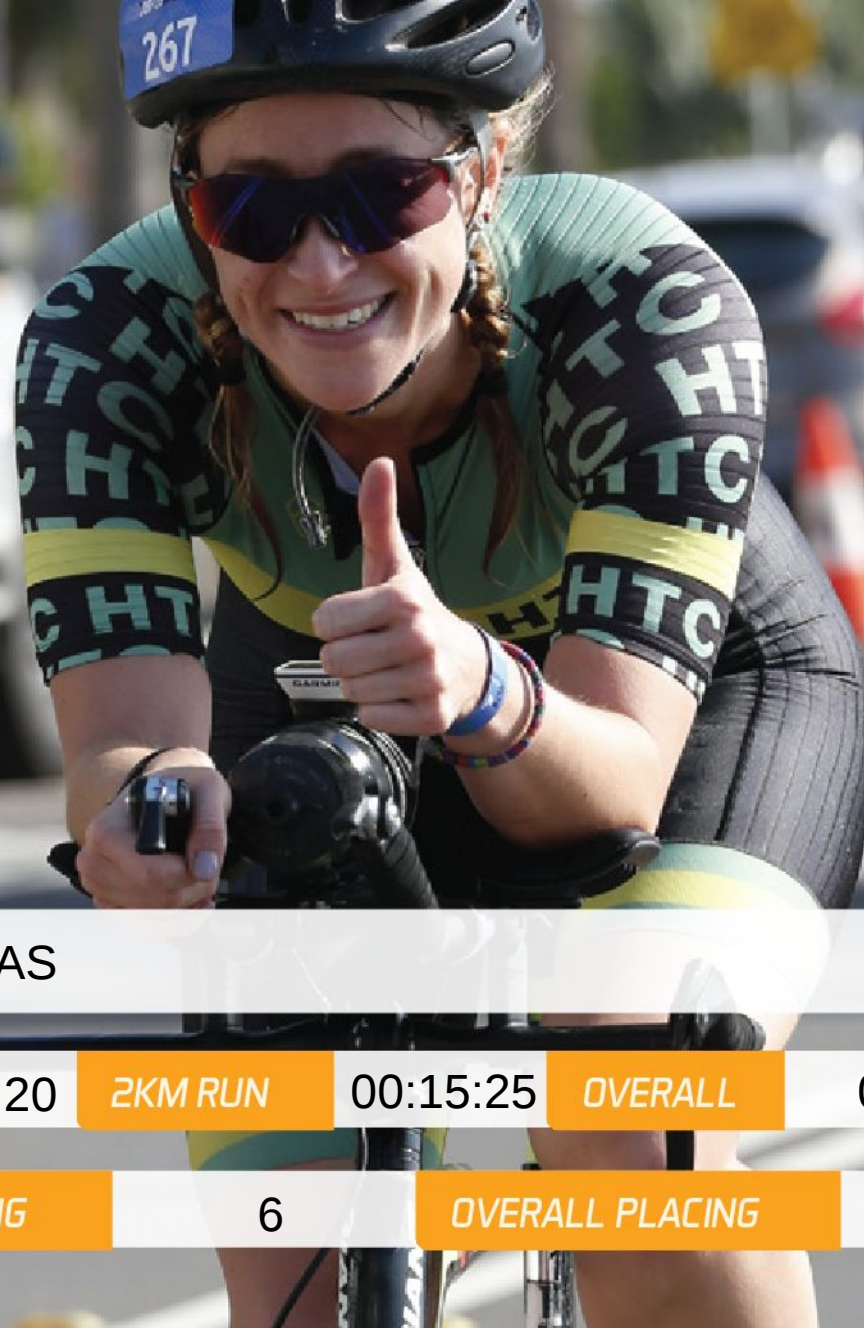




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SUPER SPRINT

Michelle NICHOLAS

200M SWIM	00:06:03	10KM BIKE	00:23:20	2KM RUN	00:15:25	OVERALL	00:53:14
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CATEGORY	50-59	CATEGORY PLACING	6	OVERALL PLACING	95
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POWERADE.

Destination
WOLLONGONG

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catfish