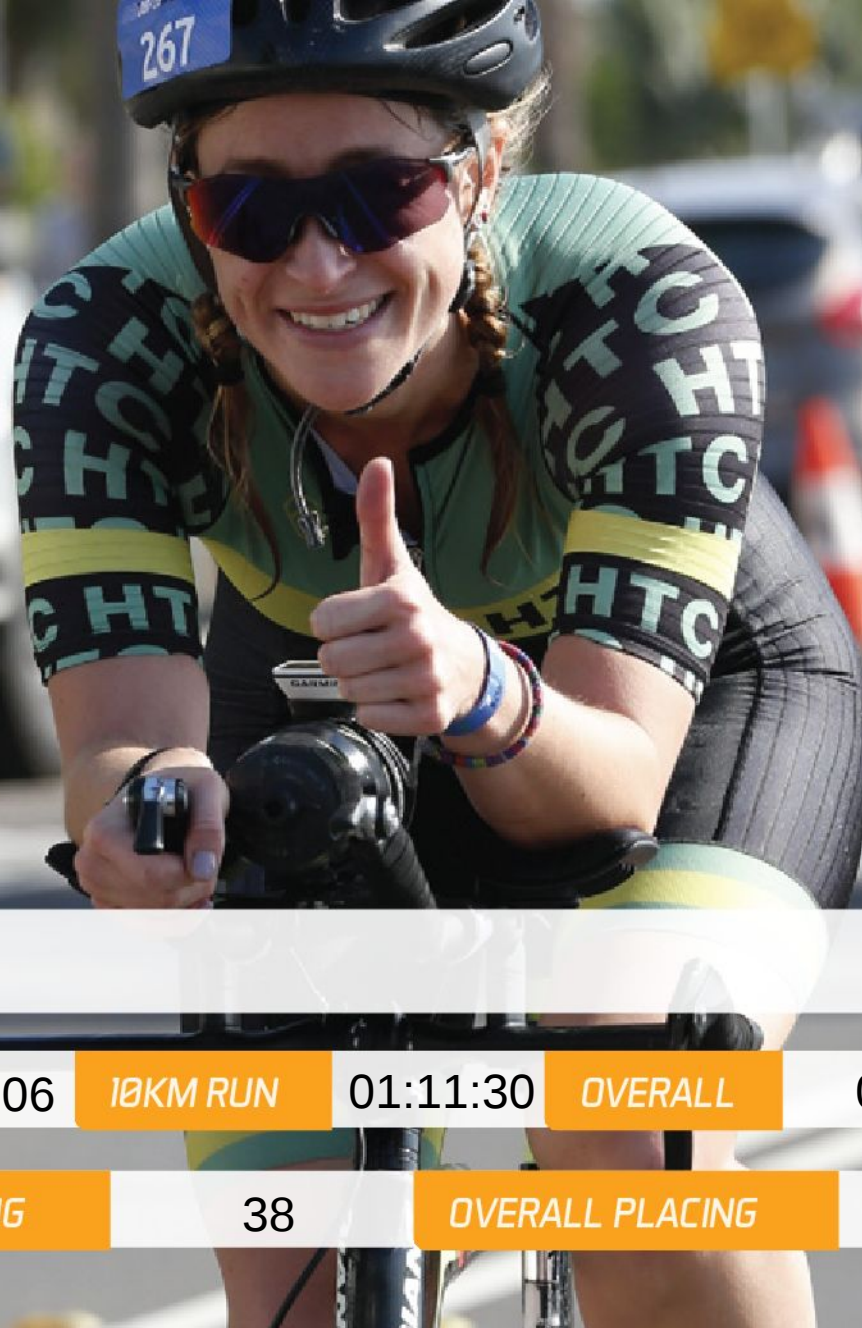




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Ben LIPSCHITZ

1.5KM SWIM

00:40:12

40KM BIKE

01:21:06

10KM RUN

01:11:30

OVERALL

03:20:39

CATEGORY

35-39

CATEGORY PLACING

38

OVERALL PLACING

303

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
i'm lovin' it™

KIND

soto
Crafting your space

catfish