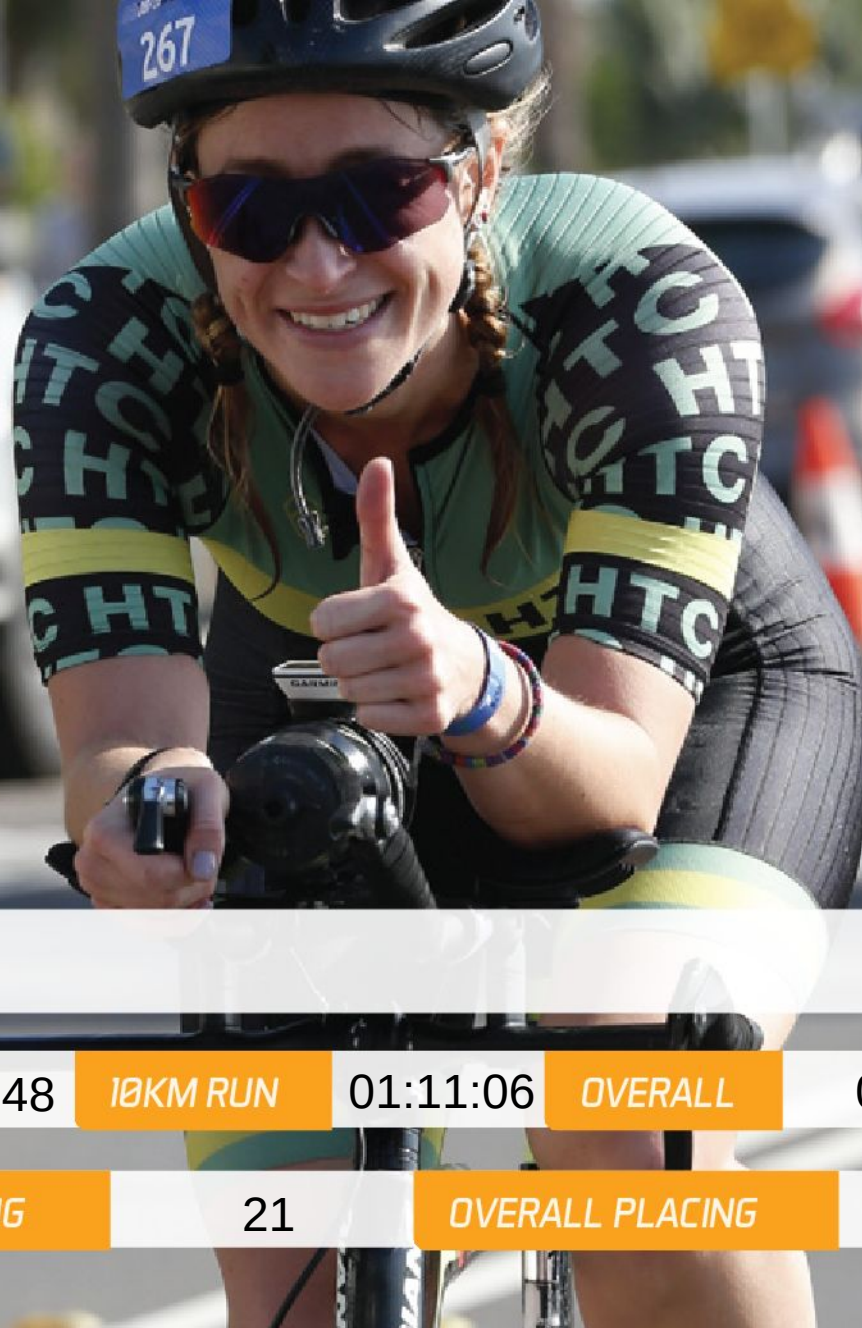




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Adam POZYWIO

1.5KM SWIM

00:33:32

40KM BIKE

01:21:48

10KM RUN

01:11:06

OVERALL

03:14:56

CATEGORY

45-49

CATEGORY PLACING

21

OVERALL PLACING

288

POWERADE.

Destination
WOLLONGONG

R Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

PD Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
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KIND

soto
Crafting your space

catfish