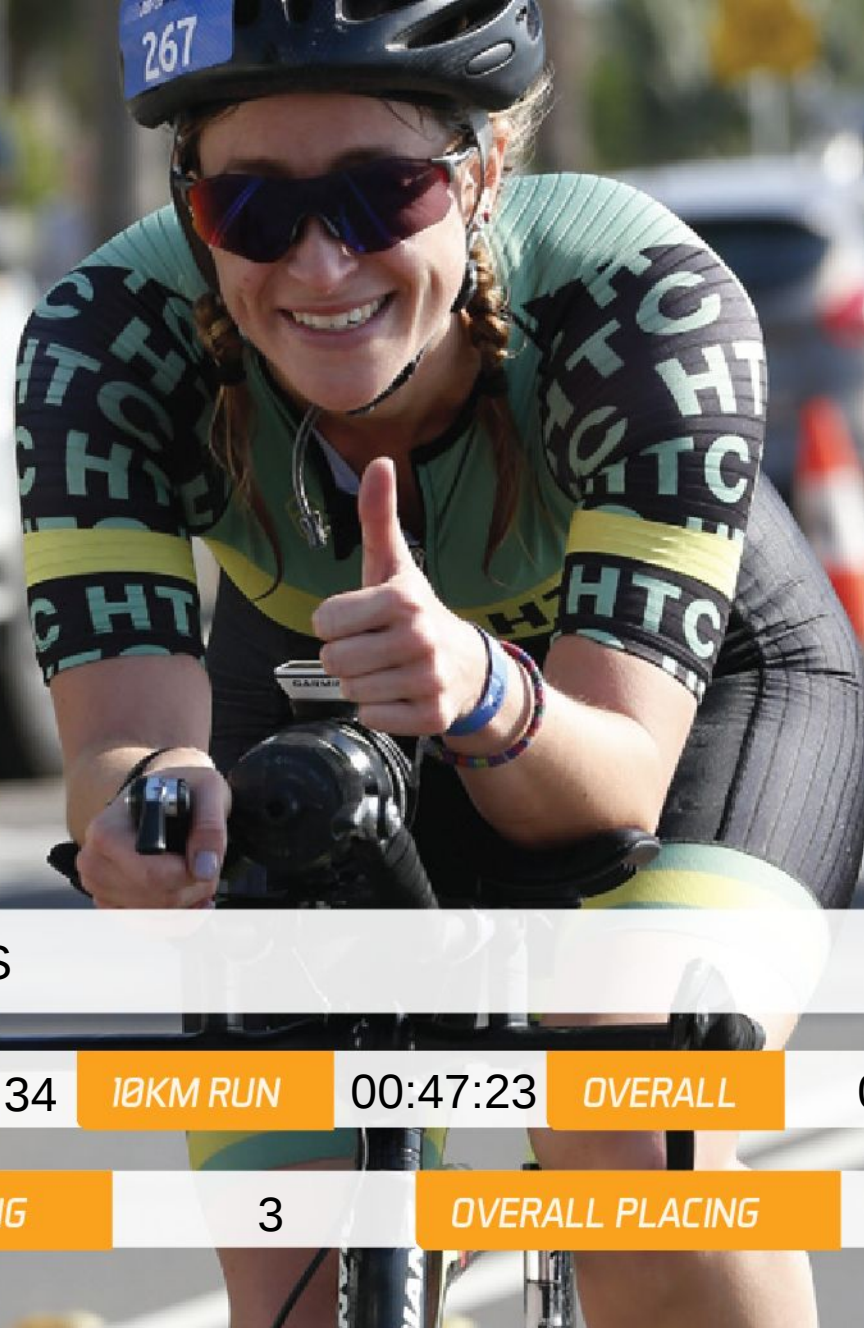




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

Karina FRANGOS

1.5KM SWIM

00:27:26

40KM BIKE

01:13:34

10KM RUN

00:47:23

OVERALL

02:33:42

CATEGORY

25-29

CATEGORY PLACING

3

OVERALL PLACING

70

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