



TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



STANDARD

TEAM Filoz Thunders

1.5KM SWIM

00:28:37

40KM BIKE

01:14:01

10KM RUN

00:49:23

OVERALL

02:36:08

CATEGORY

Relay

CATEGORY PLACING

3

OVERALL PLACING

9

POWERADE.

Destination
WOLLONGONG

Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

P&D
Traffic
Management

A
ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

Mc
i'm lovin' it™

KIND

soto

catfish