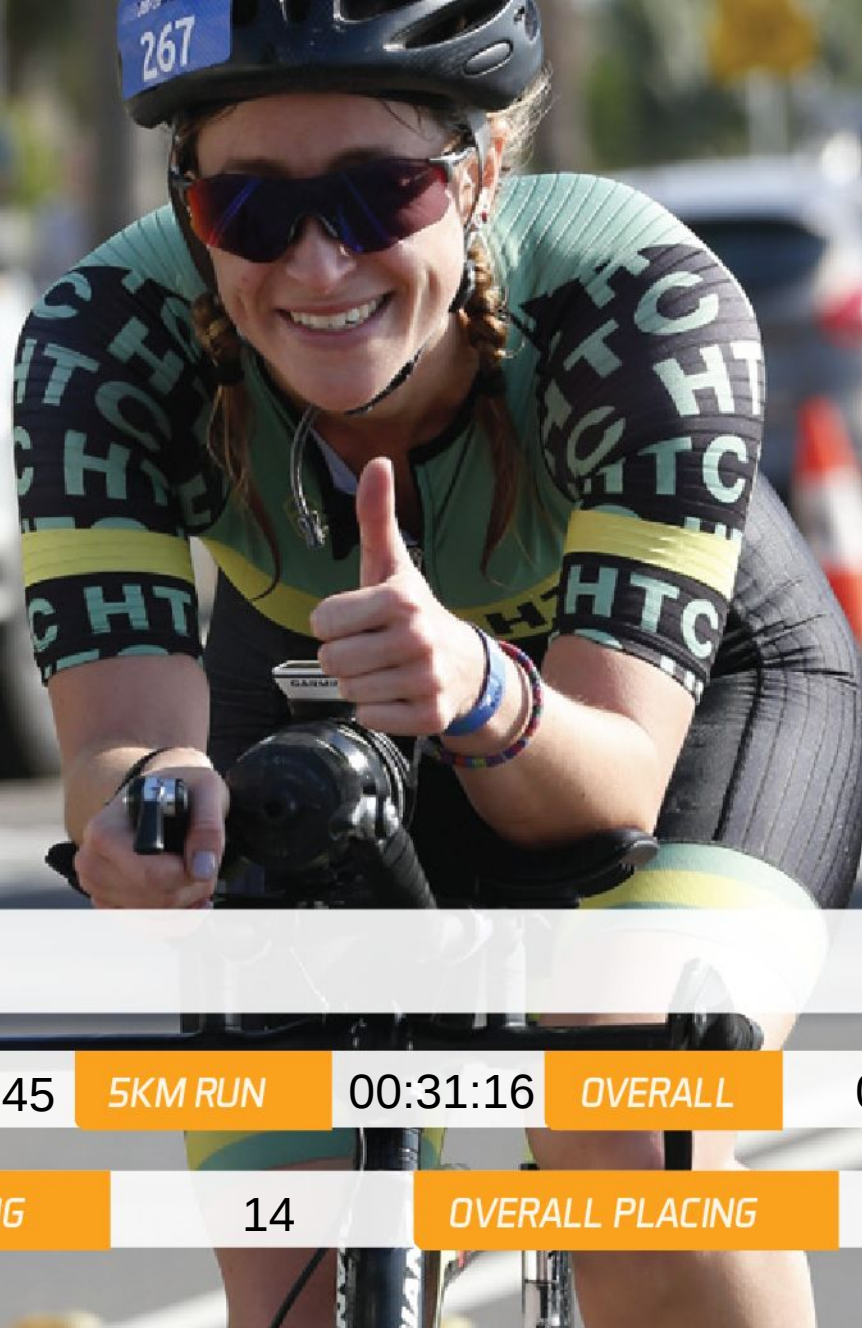




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Sophie KNOTT

750M SWIM	00:17:45	20KM BIKE	00:39:45	5KM RUN	00:31:16	OVERALL	01:37:05
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CATEGORY	30-34	CATEGORY PLACING	14	OVERALL PLACING	311
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POWERADE.

Destination
WOLLONGONG

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KIND

soto
Coughing required

catfish