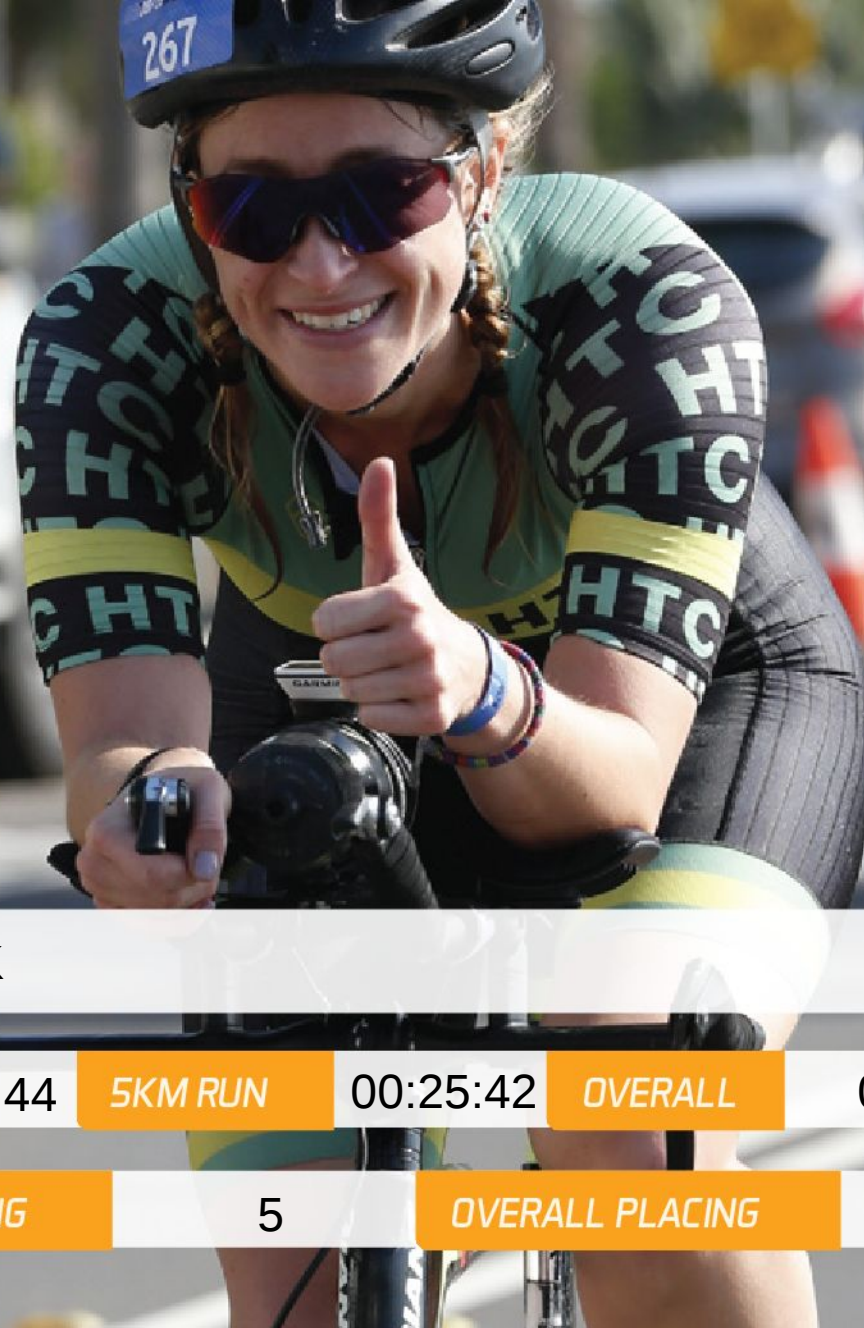




TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



SPRINT

Frederike STOCK

750M SWIM

00:14:34

20KM BIKE

00:40:44

5KM RUN

00:25:42

OVERALL

01:26:06

CATEGORY

30-34

CATEGORY PLACING

5

OVERALL PLACING

149

POWERADE.

Destination
WOLLONGONG

Revvies
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

Traffic
Management

ATHLETIC BREWING CO.
NON-ALCOHOLIC BEERS

McDonald's
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KIND

soto
CRAFTING INSPIRATION

catfish