

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Julie KAEL

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 23<sup>rd</sup> April 2023*

00:27:14

1.5KM SWIM SPLIT

01:10:50

40KM BIKE SPLIT

00:51:13

10KM RUN SPLIT

02:33:38

OVERALL TIME

50-54

CATEGORY

3

CATEGORY PLACING

224

OVERALL PLACING