

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Glen CAMPBELL

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

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

00:05:47

200M SWIM SPLIT

00:17:41

10KM BIKE SPLIT

00:12:13

2KM RUN SPLIT

00:42:36

OVERALL TIME

40-49

CATEGORY

2

CATEGORY PLACING

19

OVERALL PLACING