

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Michael LEWIS

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:07:22

200M SWIM SPLIT

00:17:37

10KM BIKE SPLIT

00:12:12

2KM RUN SPLIT

00:45:52

OVERALL TIME

50-59

CATEGORY

7

CATEGORY PLACING

200

OVERALL PLACING