

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Rhian LACEY

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:16:24

750M SWIM SPLIT

00:46:59

20KM BIKE SPLIT

00:27:40

5KM RUN SPLIT

01:38:55

OVERALL TIME

50-54

CATEGORY

8

CATEGORY PLACING

503

OVERALL PLACING