

# CONGRATULATIONS!

**Adam RAMOS**

**FOR COMPLETING THE SPRINT DISTANCE TRIATHLON**

*As part of the Wollongong Triathlon Festival 21<sup>st</sup> April 2024*

00:12:24

750M SWIM SPLIT

00:42:38

20KM BIKE SPLIT

00:22:59

5KM RUN SPLIT

01:24:49

OVERALL TIME

30-34

CATEGORY

30

CATEGORY PLACING

235

OVERALL PLACING