

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Adam EBELING

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:40

750M SWIM SPLIT

00:39:44

20KM BIKE SPLIT

00:24:17

5KM RUN SPLIT

01:20:54

OVERALL TIME

20-24

CATEGORY

11

CATEGORY PLACING

157

OVERALL PLACING