

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Stephen SWAVLEY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:33

1.5KM SWIM SPLIT

01:20:03

40KM BIKE SPLIT

01:00:59

10KM RUN SPLIT

02:56:28

OVERALL TIME

55-59

CATEGORY

17

CATEGORY PLACING

414

OVERALL PLACING