

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Dustin ASPRAY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:31:14

1.5KM SWIM SPLIT

01:30:38

40KM BIKE SPLIT

01:02:11

10KM RUN SPLIT

03:13:15

OVERALL TIME

35-39

CATEGORY

67

CATEGORY PLACING

474

OVERALL PLACING