

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Michael ERIKSSON

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:22:56

1.5KM SWIM SPLIT

01:09:15

40KM BIKE SPLIT

00:42:41

10KM RUN SPLIT

02:19:51

OVERALL TIME

30-34

CATEGORY

17

CATEGORY PLACING

103

OVERALL PLACING