

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Madox FOSTER

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:30:19

1.5KM SWIM SPLIT

01:10:22

40KM BIKE SPLIT

00:57:47

10KM RUN SPLIT

02:45:26

OVERALL TIME

35-39

CATEGORY

56

CATEGORY PLACING

337

OVERALL PLACING