

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Garry FRENCHY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:23:56

1.5KM SWIM SPLIT

01:07:41

40KM BIKE SPLIT

00:44:56

10KM RUN SPLIT

02:21:12

OVERALL TIME

35-39

CATEGORY

18

CATEGORY PLACING

113

OVERALL PLACING