

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Garry FRENCHY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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