

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

**Richard GRAY**

**FOR COMPLETING THE STANDARD DISTANCE TRIATHLON**

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

00:31:44

1.5KM SWIM SPLIT

01:33:52

40KM BIKE SPLIT

00:55:43

10KM RUN SPLIT

03:07:47

OVERALL TIME

45-49

CATEGORY

27

CATEGORY PLACING

456

OVERALL PLACING