

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Richard GRAY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd 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