

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

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FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:26:29

1.5KM SWIM SPLIT

01:05:08

40KM BIKE SPLIT

00:41:06

10KM RUN SPLIT

02:17:29

OVERALL TIME

40-44

CATEGORY

13

CATEGORY PLACING

83

OVERALL PLACING