

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jason HOWIE

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:20:55

1.5KM SWIM SPLIT

01:00:48

40KM BIKE SPLIT

00:41:58

10KM RUN SPLIT

02:07:34

OVERALL TIME

45-49

CATEGORY

3

CATEGORY PLACING

30

OVERALL PLACING