

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Lewis ISAACS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:50

1.5KM SWIM SPLIT

01:33:58

40KM BIKE SPLIT

00:59:12

10KM RUN SPLIT

03:11:06

OVERALL TIME

35-39

CATEGORY

66

CATEGORY PLACING

468

OVERALL PLACING