

# 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*

00:25:05

1.5KM SWIM SPLIT

01:16:31

40KM BIKE SPLIT

00:56:57

10KM RUN SPLIT

02:42:38

OVERALL TIME

20-24

CATEGORY

19

CATEGORY PLACING

321

OVERALL PLACING