

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nicholas JOHNSTON

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:37

1.5KM SWIM SPLIT

00:59:03

40KM BIKE SPLIT

00:36:35

10KM RUN SPLIT

02:04:15

OVERALL TIME

30-34

CATEGORY

5

CATEGORY PLACING

16

OVERALL PLACING