

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Tim JONES

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

1.5KM SWIM SPLIT

40KM BIKE SPLIT

10KM RUN SPLIT

OVERALL TIME

45-49

CATEGORY

CATEGORY PLACING

OVERALL PLACING