

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Seppo KAEL

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:28:32

1.5KM SWIM SPLIT

01:12:49

40KM BIKE SPLIT

00:49:43

10KM RUN SPLIT

02:35:50

OVERALL TIME

55-59

CATEGORY

14

CATEGORY PLACING

246

OVERALL PLACING