

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Jay KENNEDY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:30

1.5KM SWIM SPLIT

01:06:17

40KM BIKE SPLIT

00:39:05

10KM RUN SPLIT

02:14:09

OVERALL TIME

40-44

CATEGORY

9

CATEGORY PLACING

67

OVERALL PLACING