

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Michael KEOGH

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:27:59

1.5KM SWIM SPLIT

01:21:38

40KM BIKE SPLIT

00:54:00

10KM RUN SPLIT

02:49:32

OVERALL TIME

35-39

CATEGORY

59

CATEGORY PLACING

368

OVERALL PLACING