

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Malcolm KOFSKY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:29:16

1.5KM SWIM SPLIT

01:15:24

40KM BIKE SPLIT

00:58:20

10KM RUN SPLIT

02:48:36

OVERALL TIME

60-64

CATEGORY

6

CATEGORY PLACING

362

OVERALL PLACING