

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Josh LAMBERT

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:22:09

1.5KM SWIM SPLIT

01:16:45

40KM BIKE SPLIT

00:45:37

10KM RUN SPLIT

02:28:34

OVERALL TIME

25-29

CATEGORY

24

CATEGORY PLACING

176

OVERALL PLACING