

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Paul LINTON

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:21:03

1.5KM SWIM SPLIT

01:02:47

40KM BIKE SPLIT

00:40:56

10KM RUN SPLIT

02:08:02

OVERALL TIME

35-39

CATEGORY

6

CATEGORY PLACING

32

OVERALL PLACING