

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Ben LIPSCHITZ

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:31:36

1.5KM SWIM SPLIT

01:22:19

40KM BIKE SPLIT

01:06:58

10KM RUN SPLIT

03:07:42

OVERALL TIME

35-39

CATEGORY

65

CATEGORY PLACING

455

OVERALL PLACING