

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

David MANNING

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:35:20

1.5KM SWIM SPLIT

01:16:10

40KM BIKE SPLIT

01:11:27

10KM RUN SPLIT

03:09:43

OVERALL TIME

45-49

CATEGORY

28

CATEGORY PLACING

463

OVERALL PLACING