

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nathan MCINNES

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:34:38

1.5KM SWIM SPLIT

01:14:32

40KM BIKE SPLIT

01:06:31

10KM RUN SPLIT

03:01:42

OVERALL TIME

35-39

CATEGORY

64

CATEGORY PLACING

438

OVERALL PLACING