

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Paul MCMAHON

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:23:06

1.5KM SWIM SPLIT

01:12:28

40KM BIKE SPLIT

00:49:29

10KM RUN SPLIT

02:30:31

OVERALL TIME

55-59

CATEGORY

10

CATEGORY PLACING

191

OVERALL PLACING