

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nathaniel MILLER

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:29:33

1.5KM SWIM SPLIT

01:15:39

40KM BIKE SPLIT

00:51:00

10KM RUN SPLIT

02:41:09

OVERALL TIME

35-39

CATEGORY

52

CATEGORY PLACING

306

OVERALL PLACING