

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Isaac MORGAN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:22:42

1.5KM SWIM SPLIT

01:08:05

40KM BIKE SPLIT

00:43:59

10KM RUN SPLIT

02:19:30

OVERALL TIME

Clydesdale

CATEGORY

1

CATEGORY PLACING

99

OVERALL PLACING