

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Joshua OCONNELL

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:26:12

1.5KM SWIM SPLIT

01:07:23

40KM BIKE SPLIT

00:43:54

10KM RUN SPLIT

02:22:06

OVERALL TIME

30-34

CATEGORY

22

CATEGORY PLACING

121

OVERALL PLACING