

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nick O'HALLORAN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:46

1.5KM SWIM SPLIT

01:12:31

40KM BIKE SPLIT

00:50:46

10KM RUN SPLIT

02:34:31

OVERALL TIME

25-29

CATEGORY

32

CATEGORY PLACING

231

OVERALL PLACING