

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Dean ORMSTON

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:24:23

1.5KM SWIM SPLIT

01:08:41

40KM BIKE SPLIT

00:49:39

10KM RUN SPLIT

02:27:27

OVERALL TIME

55-59

CATEGORY

8

CATEGORY PLACING

169

OVERALL PLACING