

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Stephen OWENS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:25:39

1.5KM SWIM SPLIT

01:09:01

40KM BIKE SPLIT

00:49:19

10KM RUN SPLIT

02:29:15

OVERALL TIME

50-54

CATEGORY

9

CATEGORY PLACING

183

OVERALL PLACING