

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Shaune PAK

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:02

1.5KM SWIM SPLIT

01:28:50

40KM BIKE SPLIT

01:09:38

10KM RUN SPLIT

03:13:55

OVERALL TIME

Mates

CATEGORY

4

CATEGORY PLACING

477

OVERALL PLACING