

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Justin RICHARDS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:26:58

1.5KM SWIM SPLIT

01:14:48

40KM BIKE SPLIT

00:50:07

10KM RUN SPLIT

02:39:44

OVERALL TIME

35-39

CATEGORY

46

CATEGORY PLACING

294

OVERALL PLACING