

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Greg RICHARDSON

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:27:11

1.5KM SWIM SPLIT

01:09:53

40KM BIKE SPLIT

00:47:03

10KM RUN SPLIT

02:29:57

OVERALL TIME

45-49

CATEGORY

15

CATEGORY PLACING

187

OVERALL PLACING