

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## James RYDER

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:08

1.5KM SWIM SPLIT

01:04:29

40KM BIKE SPLIT

00:45:48

10KM RUN SPLIT

02:18:50

OVERALL TIME

40-44

CATEGORY

15

CATEGORY PLACING

93

OVERALL PLACING