

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nathan SALGO

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:52

1.5KM SWIM SPLIT

01:17:07

40KM BIKE SPLIT

00:46:03

10KM RUN SPLIT

02:35:07

OVERALL TIME

25-29

CATEGORY

33

CATEGORY PLACING

237

OVERALL PLACING