

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Matthew SANDFORD

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:22:50

1.5KM SWIM SPLIT

01:02:29

40KM BIKE SPLIT

00:39:55

10KM RUN SPLIT

02:09:08

OVERALL TIME

25-29

CATEGORY

4

CATEGORY PLACING

38

OVERALL PLACING