

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Matthew SMALE

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:24

1.5KM SWIM SPLIT

01:12:42

40KM BIKE SPLIT

00:45:07

10KM RUN SPLIT

02:29:04

OVERALL TIME

30-34

CATEGORY

37

CATEGORY PLACING

181

OVERALL PLACING