

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Innes SMITH

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:30:55

1.5KM SWIM SPLIT

01:18:02

40KM BIKE SPLIT

01:07:34

10KM RUN SPLIT

03:03:12

OVERALL TIME

Clydesdale

CATEGORY

5

CATEGORY PLACING

444

OVERALL PLACING