

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

York STANHAM

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:22:50

1.5KM SWIM SPLIT

01:00:44

40KM BIKE SPLIT

00:44:28

10KM RUN SPLIT

02:12:16

OVERALL TIME

30-34

CATEGORY

11

CATEGORY PLACING

52

OVERALL PLACING