

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Gavin TAIT

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:25:52

1.5KM SWIM SPLIT

01:14:02

40KM BIKE SPLIT

00:54:24

10KM RUN SPLIT

02:38:45

OVERALL TIME

50-54

CATEGORY

18

CATEGORY PLACING

286

OVERALL PLACING