

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Elias THOMPSON

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:04

1.5KM SWIM SPLIT

01:24:15

40KM BIKE SPLIT

00:54:53

10KM RUN SPLIT

02:53:17

OVERALL TIME

20-24

CATEGORY

25

CATEGORY PLACING

394

OVERALL PLACING