

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Matthew UNDERWOOD

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:26:37

1.5KM SWIM SPLIT

01:13:59

40KM BIKE SPLIT

00:45:26

10KM RUN SPLIT

02:31:10

OVERALL TIME

25-29

CATEGORY

27

CATEGORY PLACING

198

OVERALL PLACING