

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

John VAN OMMEN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:24:29

1.5KM SWIM SPLIT

01:09:36

40KM BIKE SPLIT

00:54:16

10KM RUN SPLIT

02:34:10

OVERALL TIME

50-54

CATEGORY

11

CATEGORY PLACING

229

OVERALL PLACING