

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

David WHITE

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:29:46

1.5KM SWIM SPLIT

01:20:48

40KM BIKE SPLIT

00:47:54

10KM RUN SPLIT

02:46:42

OVERALL TIME

25-29

CATEGORY

48

CATEGORY PLACING

350

OVERALL PLACING