

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Alan WHITMORE

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:26:22

1.5KM SWIM SPLIT

01:16:40

40KM BIKE SPLIT

00:52:06

10KM RUN SPLIT

02:39:28

OVERALL TIME

70+

CATEGORY

1

CATEGORY PLACING

293

OVERALL PLACING