

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Michael WILLIAMS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:51

1.5KM SWIM SPLIT

01:19:18

40KM BIKE SPLIT

00:49:11

10KM RUN SPLIT

02:43:18

OVERALL TIME

60-64

CATEGORY

5

CATEGORY PLACING

330

OVERALL PLACING