

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Nigel WOODS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:22:17

1.5KM SWIM SPLIT

01:07:02

40KM BIKE SPLIT

00:49:21

10KM RUN SPLIT

02:23:35

OVERALL TIME

35-39

CATEGORY

22

CATEGORY PLACING

129

OVERALL PLACING