

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jeffrey ZWOLSMAN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:21:35

1.5KM SWIM SPLIT

00:58:48

40KM BIKE SPLIT

00:40:30

10KM RUN SPLIT

02:04:37

OVERALL TIME

30-34

CATEGORY

7

CATEGORY PLACING

19

OVERALL PLACING