

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Jess ANGUS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:23:50

1.5KM SWIM SPLIT

01:16:04

40KM BIKE SPLIT

00:49:11

10KM RUN SPLIT

02:33:25

OVERALL TIME

25-29

CATEGORY

4

CATEGORY PLACING

220

OVERALL PLACING