

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Demi BIRCH

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:18:28

1.5KM SWIM SPLIT

01:04:23

40KM BIKE SPLIT

00:42:27

10KM RUN SPLIT

02:09:07

OVERALL TIME

Open

CATEGORY

3

CATEGORY PLACING

37

OVERALL PLACING