

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## April BITZ

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:31

1.5KM SWIM SPLIT

01:34:03

40KM BIKE SPLIT

00:47:28

10KM RUN SPLIT

02:57:24

OVERALL TIME

40-44

CATEGORY

7

CATEGORY PLACING

419

OVERALL PLACING