

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jo DE BELLE

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:35:47

1.5KM SWIM SPLIT

01:42:39

40KM BIKE SPLIT

01:08:40

10KM RUN SPLIT

03:39:02

OVERALL TIME

30-34

CATEGORY

17

CATEGORY PLACING

497

OVERALL PLACING