

# TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

## CONGRATULATIONS!

Carolyn DEWS

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

1.5KM SWIM SPLIT

40KM BIKE SPLIT

10KM RUN SPLIT

OVERALL TIME

50-54

CATEGORY

CATEGORY PLACING

OVERALL PLACING