

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

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FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:24

1.5KM SWIM SPLIT

01:10:54

40KM BIKE SPLIT

00:45:31

10KM RUN SPLIT

02:24:59

OVERALL TIME

50-54

CATEGORY

1

CATEGORY PLACING

144

OVERALL PLACING