

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Ellie GUNDRY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:35

1.5KM SWIM SPLIT

01:21:09

40KM BIKE SPLIT

00:53:05

10KM RUN SPLIT

02:45:42

OVERALL TIME

20-24

CATEGORY

6

CATEGORY PLACING

341

OVERALL PLACING