

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Kirsty HOWELL

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:26:00

1.5KM SWIM SPLIT

01:13:58

40KM BIKE SPLIT

00:47:09

10KM RUN SPLIT

02:33:27

OVERALL TIME

30-34

CATEGORY

4

CATEGORY PLACING

221

OVERALL PLACING