

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Gwenola LE LU

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:20:26

1.5KM SWIM SPLIT

01:08:12

40KM BIKE SPLIT

00:45:18

10KM RUN SPLIT

02:19:04

OVERALL TIME

45-49

CATEGORY

1

CATEGORY PLACING

95

OVERALL PLACING