

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Carika NAGEL

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:48

1.5KM SWIM SPLIT

01:20:33

40KM BIKE SPLIT

00:59:25

10KM RUN SPLIT

02:54:43

OVERALL TIME

45-49

CATEGORY

8

CATEGORY PLACING

405

OVERALL PLACING