

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Ainslie PAGE

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:14

1.5KM SWIM SPLIT

01:19:14

40KM BIKE SPLIT

00:59:36

10KM RUN SPLIT

02:53:24

OVERALL TIME

45-49

CATEGORY

7

CATEGORY PLACING

395

OVERALL PLACING