

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Jill REICH

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:54

1.5KM SWIM SPLIT

01:18:01

40KM BIKE SPLIT

00:57:09

10KM RUN SPLIT

02:53:17

OVERALL TIME

60-64

CATEGORY

1

CATEGORY PLACING

393

OVERALL PLACING