

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Emily ROZIC

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:21:10

1.5KM SWIM SPLIT

01:12:09

40KM BIKE SPLIT

00:46:26

10KM RUN SPLIT

02:24:23

OVERALL TIME

20-24

CATEGORY

1

CATEGORY PLACING

143

OVERALL PLACING