

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Rachel RUDMAN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:46

1.5KM SWIM SPLIT

01:14:49

40KM BIKE SPLIT

00:54:35

10KM RUN SPLIT

02:39:09

OVERALL TIME

35-39

CATEGORY

5

CATEGORY PLACING

290

OVERALL PLACING