

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Sophie SAMAHA

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:07

1.5KM SWIM SPLIT

01:23:13

40KM BIKE SPLIT

00:55:33

10KM RUN SPLIT

02:52:10

OVERALL TIME

25-29

CATEGORY

14

CATEGORY PLACING

383

OVERALL PLACING