

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Deborah SPAN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:32:46

1.5KM SWIM SPLIT

01:35:35

40KM BIKE SPLIT

01:01:53

10KM RUN SPLIT

03:19:50

OVERALL TIME

20-24

CATEGORY

11

CATEGORY PLACING

485

OVERALL PLACING