

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Vanessa STANTON

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:23:37

1.5KM SWIM SPLIT

01:16:45

40KM BIKE SPLIT

00:56:37

10KM RUN SPLIT

02:42:19

OVERALL TIME

30-34

CATEGORY

8

CATEGORY PLACING

316

OVERALL PLACING