

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

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FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:36:59

1.5KM SWIM SPLIT

01:21:31

40KM BIKE SPLIT

00:55:30

10KM RUN SPLIT

03:02:38

OVERALL TIME

30-34

CATEGORY

14

CATEGORY PLACING

441

OVERALL PLACING