

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Amanda WHITEMAN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:25:21

1.5KM SWIM SPLIT

01:09:30

40KM BIKE SPLIT

00:48:38

10KM RUN SPLIT

02:27:22

OVERALL TIME

45-49

CATEGORY

2

CATEGORY PLACING

167

OVERALL PLACING