

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Faith ROCHE

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:29:51

1.5KM SWIM SPLIT

01:32:13

40KM BIKE SPLIT

00:58:32

10KM RUN SPLIT

03:08:02

OVERALL TIME

20-24

CATEGORY

8

CATEGORY PLACING

458

OVERALL PLACING