

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Richard COOK

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:21:23

1.5KM SWIM SPLIT

01:13:05

40KM BIKE SPLIT

00:41:16

10KM RUN SPLIT

02:19:36

OVERALL TIME

35-39

CATEGORY

17

CATEGORY PLACING

100

OVERALL PLACING