

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Richard COOK

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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