

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Trent COOK

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:24:56

1.5KM SWIM SPLIT

01:06:01

40KM BIKE SPLIT

00:48:53

10KM RUN SPLIT

02:25:01

OVERALL TIME

45-49

CATEGORY

10

CATEGORY PLACING

145

OVERALL PLACING