

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Sam COOKSLEY

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:16

1.5KM SWIM SPLIT

01:28:00

40KM BIKE SPLIT

00:44:07

10KM RUN SPLIT

02:46:13

OVERALL TIME

25-29

CATEGORY

47

CATEGORY PLACING

347

OVERALL PLACING