

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Andrew DE MESQUITA

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:29:52

1.5KM SWIM SPLIT

01:09:10

40KM BIKE SPLIT

00:47:03

10KM RUN SPLIT

02:32:15

OVERALL TIME

35-39

CATEGORY

34

CATEGORY PLACING

208

OVERALL PLACING