

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## James DIXON

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:28:51

1.5KM SWIM SPLIT

01:12:59

40KM BIKE SPLIT

00:51:10

10KM RUN SPLIT

02:38:29

OVERALL TIME

50-54

CATEGORY

17

CATEGORY PLACING

282

OVERALL PLACING