

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## TEAM FILOZ extremes

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:39:07

1.5KM SWIM SPLIT

01:19:46

40KM BIKE SPLIT

00:55:05

10KM RUN SPLIT

02:58:04

OVERALL TIME

Relay

CATEGORY

6

CATEGORY PLACING

26

OVERALL PLACING