

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## TEAM FiOz Fast & Furious

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:27:32

1.5KM SWIM SPLIT

01:07:12

40KM BIKE SPLIT

00:40:51

10KM RUN SPLIT

02:18:18

OVERALL TIME

Relay

CATEGORY

4

CATEGORY PLACING

4

OVERALL PLACING