

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

TEAM Run for coffee

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:28:31

1.5KM SWIM SPLIT

01:06:34

40KM BIKE SPLIT

00:36:49

10KM RUN SPLIT

02:14:30

OVERALL TIME

Relay

CATEGORY

3

CATEGORY PLACING

3

OVERALL PLACING