

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## TEAM Triple Threat

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:27:40

1.5KM SWIM SPLIT

01:26:33

40KM BIKE SPLIT

00:58:36

10KM RUN SPLIT

02:56:22

OVERALL TIME

Relay

CATEGORY

2

CATEGORY PLACING

24

OVERALL PLACING