

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## TEAM Warnerlena

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:26:01

1.5KM SWIM SPLIT

01:21:14

40KM BIKE SPLIT

00:55:10

10KM RUN SPLIT

02:47:20

OVERALL TIME

Relay

CATEGORY

4

CATEGORY PLACING

20

OVERALL PLACING