

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Ljupco APOSTOLOSKI

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:18:23

750M SWIM SPLIT

00:46:55

20KM BIKE SPLIT

00:32:53

5KM RUN SPLIT

01:53:00

OVERALL TIME

60-64

CATEGORY

12

CATEGORY PLACING

589

OVERALL PLACING