

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Chad ASHTON

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:09:44

750M SWIM SPLIT

00:32:27

20KM BIKE SPLIT

00:19:56

5KM RUN SPLIT

01:06:53

OVERALL TIME

30-34

CATEGORY

7

CATEGORY PLACING

18

OVERALL PLACING