

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jarrold AUSTIN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:15:43

750M SWIM SPLIT

00:36:55

20KM BIKE SPLIT

00:24:15

5KM RUN SPLIT

01:22:17

OVERALL TIME

50-54

CATEGORY

9

CATEGORY PLACING

185

OVERALL PLACING