

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Joshua BADDOCK

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:27

750M SWIM SPLIT

00:41:02

20KM BIKE SPLIT

00:23:00

5KM RUN SPLIT

01:27:08

OVERALL TIME

20-24

CATEGORY

20

CATEGORY PLACING

291

OVERALL PLACING