

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Garry BADDOCK

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:16:35

750M SWIM SPLIT

00:41:54

20KM BIKE SPLIT

00:25:41

5KM RUN SPLIT

01:32:31

OVERALL TIME

50-54

CATEGORY

15

CATEGORY PLACING

409

OVERALL PLACING