

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Alastair BATE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:11:38

750M SWIM SPLIT

00:39:06

20KM BIKE SPLIT

00:22:56

5KM RUN SPLIT

01:17:00

OVERALL TIME

25-29

CATEGORY

14

CATEGORY PLACING

108

OVERALL PLACING