

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Alastair BATE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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