

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Robert BENGE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:22

750M SWIM SPLIT

00:35:55

20KM BIKE SPLIT

00:30:21

5KM RUN SPLIT

01:23:43

OVERALL TIME

60-64

CATEGORY

6

CATEGORY PLACING

213

OVERALL PLACING