

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Tom BONNAFOUX

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:09:45

750M SWIM SPLIT

00:30:45

20KM BIKE SPLIT

00:16:59

5KM RUN SPLIT

01:01:38

OVERALL TIME

30-34

CATEGORY

2

CATEGORY PLACING

4

OVERALL PLACING