

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Jarrold BOYD

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:52

750M SWIM SPLIT

00:34:52

20KM BIKE SPLIT

00:21:06

5KM RUN SPLIT

01:11:48

OVERALL TIME

35-39

CATEGORY

6

CATEGORY PLACING

49

OVERALL PLACING