

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## James BURNES

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:21

750M SWIM SPLIT

00:48:39

20KM BIKE SPLIT

00:27:12

5KM RUN SPLIT

01:34:38

OVERALL TIME

20-24

CATEGORY

33

CATEGORY PLACING

445

OVERALL PLACING