

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Josh CAIRNEY

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:12:50

750M SWIM SPLIT

00:45:06

20KM BIKE SPLIT

00:22:49

5KM RUN SPLIT

01:25:35

OVERALL TIME

16-19

CATEGORY

2

CATEGORY PLACING

254

OVERALL PLACING