

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Rede CARNEY

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:10:04

750M SWIM SPLIT

00:32:13

20KM BIKE SPLIT

00:18:58

5KM RUN SPLIT

01:05:00

OVERALL TIME

30-34

CATEGORY

5

CATEGORY PLACING

11

OVERALL PLACING