

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

John CARTWRIGHT

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:15:03

750M SWIM SPLIT

00:35:40

20KM BIKE SPLIT

00:23:04

5KM RUN SPLIT

01:18:08

OVERALL TIME

60-64

CATEGORY

3

CATEGORY PLACING

124

OVERALL PLACING