

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Jonathan CHAMBERS

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:14:04

750M SWIM SPLIT

00:42:06

20KM BIKE SPLIT

00:25:14

5KM RUN SPLIT

01:27:40

OVERALL TIME

25-29

CATEGORY

45

CATEGORY PLACING

300

OVERALL PLACING