

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Luke CHAMPION

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:10:59

750M SWIM SPLIT

00:32:10

20KM BIKE SPLIT

00:19:29

5KM RUN SPLIT

01:05:53

OVERALL TIME

25-29

CATEGORY

1

CATEGORY PLACING

14

OVERALL PLACING