

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Glyn COLLINS

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:40

750M SWIM SPLIT

00:37:56

20KM BIKE SPLIT

00:24:44

5KM RUN SPLIT

01:19:38

OVERALL TIME

60-64

CATEGORY

5

CATEGORY PLACING

142

OVERALL PLACING