

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Russell COLLYER

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:14:05

750M SWIM SPLIT

00:39:07

20KM BIKE SPLIT

00:27:46

5KM RUN SPLIT

01:26:17

OVERALL TIME

60-64

CATEGORY

8

CATEGORY PLACING

273

OVERALL PLACING