

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## James CRAWFORD

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:14:56

750M SWIM SPLIT

00:41:57

20KM BIKE SPLIT

00:29:01

5KM RUN SPLIT

01:31:29

OVERALL TIME

Clydesdale

CATEGORY

6

CATEGORY PLACING

382

OVERALL PLACING