

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nick DIMOFF

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:59

750M SWIM SPLIT

00:35:27

20KM BIKE SPLIT

00:21:35

5KM RUN SPLIT

01:14:29

OVERALL TIME

20-24

CATEGORY

8

CATEGORY PLACING

75

OVERALL PLACING