

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nathan DIXON

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:08:45

750M SWIM SPLIT

00:31:52

20KM BIKE SPLIT

00:20:24

5KM RUN SPLIT

01:04:39

OVERALL TIME

30-34

CATEGORY

4

CATEGORY PLACING

9

OVERALL PLACING