

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Ryan DUFF

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:12:37

750M SWIM SPLIT

00:32:47

20KM BIKE SPLIT

00:19:51

5KM RUN SPLIT

01:08:45

OVERALL TIME

35-39

CATEGORY

4

CATEGORY PLACING

26

OVERALL PLACING