

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Edward ENGLISH

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:14:41

750M SWIM SPLIT

00:43:50

20KM BIKE SPLIT

00:21:50

5KM RUN SPLIT

01:26:21

OVERALL TIME

20-24

CATEGORY

19

CATEGORY PLACING

275

OVERALL PLACING