

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Joshua FRANGOS

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:11:11

750M SWIM SPLIT

00:35:53

20KM BIKE SPLIT

00:25:08

5KM RUN SPLIT

01:16:42

OVERALL TIME

35-39

CATEGORY

15

CATEGORY PLACING

106

OVERALL PLACING