

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Tony GOLDEN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:12:16

750M SWIM SPLIT

00:34:36

20KM BIKE SPLIT

00:20:39

5KM RUN SPLIT

01:12:15

OVERALL TIME

65-69

CATEGORY

1

CATEGORY PLACING

53

OVERALL PLACING