

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Greg HESSE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:10:47

750M SWIM SPLIT

00:33:08

20KM BIKE SPLIT

00:18:42

5KM RUN SPLIT

01:07:05

OVERALL TIME

35-39

CATEGORY

2

CATEGORY PLACING

19

OVERALL PLACING