

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jonny HUMPHRIES

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:14:25

750M SWIM SPLIT

00:35:31

20KM BIKE SPLIT

00:22:04

5KM RUN SPLIT

01:18:41

OVERALL TIME

30-34

CATEGORY

28

CATEGORY PLACING

129

OVERALL PLACING