

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Daniel X JAMES

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:10:46

750M SWIM SPLIT

00:31:49

20KM BIKE SPLIT

00:18:03

5KM RUN SPLIT

01:04:00

OVERALL TIME

45-49

CATEGORY

1

CATEGORY PLACING

7

OVERALL PLACING