

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Richard JONES

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:11:21

750M SWIM SPLIT

00:34:23

20KM BIKE SPLIT

00:21:47

5KM RUN SPLIT

01:11:45

OVERALL TIME

55-59

CATEGORY

3

CATEGORY PLACING

48

OVERALL PLACING