

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Luke JONES

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:10:27

750M SWIM SPLIT

00:29:31

20KM BIKE SPLIT

00:16:20

5KM RUN SPLIT

00:59:51

OVERALL TIME

35-39

CATEGORY

1

CATEGORY PLACING

2

OVERALL PLACING