

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Marc KIHO

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

*As part of the Wollongong Triathlon Festival 23<sup>rd</sup> April 2023*

00:14:14

750M SWIM SPLIT

00:35:01

20KM BIKE SPLIT

00:22:28

5KM RUN SPLIT

01:17:11

OVERALL TIME

50-54

CATEGORY

8

CATEGORY PLACING

110

OVERALL PLACING