

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Jasper KOOLEN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:14:31

750M SWIM SPLIT

00:40:55

20KM BIKE SPLIT

00:27:19

5KM RUN SPLIT

01:29:24

OVERALL TIME

Clydesdale

CATEGORY

5

CATEGORY PLACING

344

OVERALL PLACING