

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Danny LANG

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:12:15

750M SWIM SPLIT

00:32:17

20KM BIKE SPLIT

00:22:09

5KM RUN SPLIT

01:10:42

OVERALL TIME

50-54

CATEGORY

2

CATEGORY PLACING

40

OVERALL PLACING