

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Gerard LI

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:39

750M SWIM SPLIT

00:41:22

20KM BIKE SPLIT

00:26:17

5KM RUN SPLIT

01:27:47

OVERALL TIME

25-29

CATEGORY

46

CATEGORY PLACING

305

OVERALL PLACING