

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Tony LIM

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:14:01

750M SWIM SPLIT

00:38:42

20KM BIKE SPLIT

00:24:59

5KM RUN SPLIT

01:23:59

OVERALL TIME

70-74

CATEGORY

1

CATEGORY PLACING

220

OVERALL PLACING