

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Paul MCCLAFFERTY

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:11:01

750M SWIM SPLIT

00:33:59

20KM BIKE SPLIT

00:21:22

5KM RUN SPLIT

01:11:14

OVERALL TIME

30-34

CATEGORY

13

CATEGORY PLACING

46

OVERALL PLACING