

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Daniel MCCLAFFERTY

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:50

750M SWIM SPLIT

00:31:54

20KM BIKE SPLIT

00:19:50

5KM RUN SPLIT

01:10:24

OVERALL TIME

30-34

CATEGORY

11

CATEGORY PLACING

36

OVERALL PLACING