

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Luke MCDERMOTT

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:12:42

750M SWIM SPLIT

00:38:00

20KM BIKE SPLIT

00:21:53

5KM RUN SPLIT

01:18:11

OVERALL TIME

30-34

CATEGORY

26

CATEGORY PLACING

125

OVERALL PLACING