

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Josh MILDREN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:12:34

750M SWIM SPLIT

00:32:56

20KM BIKE SPLIT

00:19:57

5KM RUN SPLIT

01:09:58

OVERALL TIME

30-34

CATEGORY

9

CATEGORY PLACING

33

OVERALL PLACING