

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Josh MILDREN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd 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