

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

John MORAN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:15:26

750M SWIM SPLIT

00:34:30

20KM BIKE SPLIT

00:18:57

5KM RUN SPLIT

01:13:21

OVERALL TIME

30-34

CATEGORY

17

CATEGORY PLACING

65

OVERALL PLACING