

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Wilson MORSHEAD

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:14:28

750M SWIM SPLIT

00:37:14

20KM BIKE SPLIT

00:22:35

5KM RUN SPLIT

01:19:49

OVERALL TIME

20-24

CATEGORY

10

CATEGORY PLACING

145

OVERALL PLACING