

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Trevor MURPHY

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:38

750M SWIM SPLIT

00:33:59

20KM BIKE SPLIT

00:23:03

5KM RUN SPLIT

01:17:59

OVERALL TIME

PC

CATEGORY

1

CATEGORY PLACING

122

OVERALL PLACING