

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Jake OCONNOR

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:12:20

750M SWIM SPLIT

00:40:24

20KM BIKE SPLIT

00:26:16

5KM RUN SPLIT

01:24:45

OVERALL TIME

25-29

CATEGORY

34

CATEGORY PLACING

236

OVERALL PLACING