

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Rocco PANZARINO

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:18:51

750M SWIM SPLIT

00:00:00

5KM RUN SPLIT

01:52:36

OVERALL TIME

20-24

CATEGORY

39

CATEGORY PLACING

587

OVERALL PLACING