

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Shane PARKER

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:14:40

750M SWIM SPLIT

00:43:38

20KM BIKE SPLIT

00:31:10

5KM RUN SPLIT

01:35:17

OVERALL TIME

50-54

CATEGORY

16

CATEGORY PLACING

457

OVERALL PLACING