

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## James PEPPER

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:12:14

750M SWIM SPLIT

00:34:47

20KM BIKE SPLIT

00:21:41

5KM RUN SPLIT

01:15:21

OVERALL TIME

35-39

CATEGORY

13

CATEGORY PLACING

87

OVERALL PLACING