

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Michael PHAMVU

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:15:08

750M SWIM SPLIT

00:46:44

20KM BIKE SPLIT

00:23:23

5KM RUN SPLIT

01:30:51

OVERALL TIME

25-29

CATEGORY

50

CATEGORY PLACING

372

OVERALL PLACING