

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nick SHADBOLT

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:26

750M SWIM SPLIT

00:39:48

20KM BIKE SPLIT

00:24:22

5KM RUN SPLIT

01:22:31

OVERALL TIME

20-24

CATEGORY

13

CATEGORY PLACING

188

OVERALL PLACING