

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## John SHOEBRIDGE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:18:37

750M SWIM SPLIT

00:48:45

20KM BIKE SPLIT

00:51:16

5KM RUN SPLIT

02:08:49

OVERALL TIME

75-79

CATEGORY

1

CATEGORY PLACING

612

OVERALL PLACING