

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Matthew SMITH

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:15:41

750M SWIM SPLIT

00:37:18

20KM BIKE SPLIT

00:20:55

5KM RUN SPLIT

01:19:32

OVERALL TIME

45-49

CATEGORY

9

CATEGORY PLACING

139

OVERALL PLACING