

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Sam SMITH

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:10:55

750M SWIM SPLIT

00:32:50

20KM BIKE SPLIT

00:22:35

5KM RUN SPLIT

01:12:09

OVERALL TIME

Clydesdale

CATEGORY

1

CATEGORY PLACING

51

OVERALL PLACING