

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Rob SPICER

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:11

750M SWIM SPLIT

00:32:04

20KM BIKE SPLIT

00:21:11

5KM RUN SPLIT

01:08:12

OVERALL TIME

50-54

CATEGORY

1

CATEGORY PLACING

20

OVERALL PLACING