

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Tristan STEIN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:22

750M SWIM SPLIT

00:33:12

20KM BIKE SPLIT

00:20:11

5KM RUN SPLIT

01:08:37

OVERALL TIME

45-49

CATEGORY

4

CATEGORY PLACING

25

OVERALL PLACING