

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Nicholas STEPHENS

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:11:01

750M SWIM SPLIT

00:39:51

20KM BIKE SPLIT

00:22:03

5KM RUN SPLIT

01:19:02

OVERALL TIME

25-29

CATEGORY

18

CATEGORY PLACING

132

OVERALL PLACING