

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Trevor THOMAS

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:12:48

750M SWIM SPLIT

00:36:30

20KM BIKE SPLIT

00:21:02

5KM RUN SPLIT

01:16:57

OVERALL TIME

55-59

CATEGORY

6

CATEGORY PLACING

107

OVERALL PLACING