

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Lachlan WHITE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:29

750M SWIM SPLIT

00:36:55

20KM BIKE SPLIT

00:21:10

5KM RUN SPLIT

01:16:30

OVERALL TIME

25-29

CATEGORY

13

CATEGORY PLACING

103

OVERALL PLACING