

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Ian Howchin

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:16:08

750M SWIM SPLIT

00:43:08

20KM BIKE SPLIT

00:27:23

5KM RUN SPLIT

01:33:40

OVERALL TIME

65-69

CATEGORY

4

CATEGORY PLACING

424

OVERALL PLACING