

2023 FINISHER

CONGRATULATIONS!

Ian Howchin

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

| 00:16:08 | 00:43:08 | 00:27:23 | 01:33:40 |
|-----------------|-----------------|---------------|--------------|
| 750M SWIM SPLIT | 20KM BIKE SPLIT | 5KM RUN SPLIT | OVERALL TIME |

65-69 4 424

CATEGORY CATEGORY PLACING OVERALL PLACING













