

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Michelle ARNOLD

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:15:32

750M SWIM SPLIT

00:40:32

20KM BIKE SPLIT

00:28:11

5KM RUN SPLIT

01:33:34

OVERALL TIME

40-44

CATEGORY

22

CATEGORY PLACING

422

OVERALL PLACING