

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Olivia BENSTEAD

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:28

750M SWIM SPLIT

00:39:58

20KM BIKE SPLIT

00:22:33

5KM RUN SPLIT

01:23:01

OVERALL TIME

25-29

CATEGORY

4

CATEGORY PLACING

195

OVERALL PLACING