

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Emma CRAIG

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:59

750M SWIM SPLIT

00:42:50

20KM BIKE SPLIT

00:29:17

5KM RUN SPLIT

01:34:17

OVERALL TIME

45-49

CATEGORY

4

CATEGORY PLACING

436

OVERALL PLACING