

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Nikki DAO

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:19:43

750M SWIM SPLIT

00:54:20

20KM BIKE SPLIT

00:36:30

5KM RUN SPLIT

02:01:01

OVERALL TIME

20-24

CATEGORY

31

CATEGORY PLACING

606

OVERALL PLACING