

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Milly DENTON

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:16:08

750M SWIM SPLIT

00:45:58

20KM BIKE SPLIT

00:25:38

5KM RUN SPLIT

01:34:53

OVERALL TIME

20-24

CATEGORY

20

CATEGORY PLACING

451

OVERALL PLACING