

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Louise FYSON

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:15:11

750M SWIM SPLIT

00:42:04

20KM BIKE SPLIT

00:26:52

5KM RUN SPLIT

01:29:08

OVERALL TIME

35-39

CATEGORY

9

CATEGORY PLACING

337

OVERALL PLACING