

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

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FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:10:59

750M SWIM SPLIT

00:35:23

20KM BIKE SPLIT

00:19:11

5KM RUN SPLIT

01:09:13

OVERALL TIME

40-44

CATEGORY

1

CATEGORY PLACING

28

OVERALL PLACING