

# 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*

00:13:57

750M SWIM SPLIT

00:41:47

20KM BIKE SPLIT

00:20:58

5KM RUN SPLIT

01:23:27

OVERALL TIME

25-29

CATEGORY

6

CATEGORY PLACING

204

OVERALL PLACING