

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Rachel KERRIGAN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:17:19

750M SWIM SPLIT

00:44:01

20KM BIKE SPLIT

00:29:53

5KM RUN SPLIT

01:37:25

OVERALL TIME

35-39

CATEGORY

14

CATEGORY PLACING

482

OVERALL PLACING