

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Caroline MARSDEN

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:26:26

750M SWIM SPLIT

01:00:38

20KM BIKE SPLIT

00:44:23

5KM RUN SPLIT

02:22:13

OVERALL TIME

50-54

CATEGORY

12

CATEGORY PLACING

616

OVERALL PLACING