

# TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

## CONGRATULATIONS!

Katie RINALDI

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:17:11

750M SWIM SPLIT

00:49:35

20KM BIKE SPLIT

00:30:59

5KM RUN SPLIT

01:43:15

OVERALL TIME

35-39

CATEGORY

20

CATEGORY PLACING

543

OVERALL PLACING