

# 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*

00:13:38

750M SWIM SPLIT

00:45:52

20KM BIKE SPLIT

00:32:49

5KM RUN SPLIT

01:38:31

OVERALL TIME

35-39

CATEGORY

16

CATEGORY PLACING

495

OVERALL PLACING