

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## TEAM Physical Therapy Practice

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:07

750M SWIM SPLIT

00:38:34

20KM BIKE SPLIT

00:25:31

5KM RUN SPLIT

01:20:54

OVERALL TIME

Relay

CATEGORY

1

CATEGORY PLACING

5

OVERALL PLACING