

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 23rd 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