

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## TEAM Piano Piano

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:13:44

750M SWIM SPLIT

00:44:48

20KM BIKE SPLIT

00:28:08

5KM RUN SPLIT

01:31:50

OVERALL TIME

Relay

CATEGORY

6

CATEGORY PLACING

14

OVERALL PLACING