

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

TEAM Tri Osmond

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:17:49

750M SWIM SPLIT

00:39:53

20KM BIKE SPLIT

00:29:08

5KM RUN SPLIT

01:34:32

OVERALL TIME

Relay

CATEGORY

7

CATEGORY PLACING

15

OVERALL PLACING