

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Team TONY AND GARRY

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:12:32

750M SWIM SPLIT

00:37:29

20KM BIKE SPLIT

00:25:10

5KM RUN SPLIT

01:19:57

OVERALL TIME

Relay

CATEGORY

3

CATEGORY PLACING

4

OVERALL PLACING