

# TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

## CONGRATULATIONS!

William BIRD

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:15

200M SWIM SPLIT

00:16:00

10KM BIKE SPLIT

00:14:27

2KM RUN SPLIT

00:42:05

OVERALL TIME

50-59

CATEGORY

4

CATEGORY PLACING

147

OVERALL PLACING