

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Hugh BOWEN

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:05

200M SWIM SPLIT

00:17:44

10KM BIKE SPLIT

00:08:37

2KM RUN SPLIT

00:37:27

OVERALL TIME

30-39

CATEGORY

6

CATEGORY PLACING

67

OVERALL PLACING