

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## James BRETT

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:19

200M SWIM SPLIT

00:14:37

10KM BIKE SPLIT

00:10:04

2KM RUN SPLIT

00:34:45

OVERALL TIME

40-49

CATEGORY

4

CATEGORY PLACING

37

OVERALL PLACING