

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## David CAIRNS

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:38

200M SWIM SPLIT

00:17:17

10KM BIKE SPLIT

00:11:11

2KM RUN SPLIT

00:37:39

OVERALL TIME

30-39

CATEGORY

7

CATEGORY PLACING

70

OVERALL PLACING