

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Hayley CLARK

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:15

200M SWIM SPLIT

00:13:29

10KM BIKE SPLIT

00:10:53

2KM RUN SPLIT

00:35:01

OVERALL TIME

30-39

CATEGORY

1

CATEGORY PLACING

39

OVERALL PLACING