

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Amanda CLOTHIER

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:40

200M SWIM SPLIT

00:19:44

10KM BIKE SPLIT

00:10:48

2KM RUN SPLIT

00:41:59

OVERALL TIME

20-29

CATEGORY

20

CATEGORY PLACING

145

OVERALL PLACING