

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Daniel COCKINOS

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:54

200M SWIM SPLIT

00:21:39

10KM BIKE SPLIT

00:12:38

2KM RUN SPLIT

00:47:37

OVERALL TIME

30-39

CATEGORY

18

CATEGORY PLACING

208

OVERALL PLACING