

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Joe CROGUENNEC

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:54

200M SWIM SPLIT

00:15:09

10KM BIKE SPLIT

00:09:36

2KM RUN SPLIT

00:35:02

OVERALL TIME

20-29

CATEGORY

11

CATEGORY PLACING

41

OVERALL PLACING