

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Dominic D'SOUZA

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:03

200M SWIM SPLIT

00:14:43

10KM BIKE SPLIT

00:09:22

2KM RUN SPLIT

00:33:03

OVERALL TIME

30-39

CATEGORY

4

CATEGORY PLACING

19

OVERALL PLACING