

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

John FLEMING

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:05:04

200M SWIM SPLIT

00:14:09

10KM BIKE SPLIT

00:10:22

2KM RUN SPLIT

00:34:01

OVERALL TIME

60-69

CATEGORY

1

CATEGORY PLACING

28

OVERALL PLACING