

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Jay GAFFEY

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:06:04

200M SWIM SPLIT

00:13:35

10KM BIKE SPLIT

00:15:23

2KM RUN SPLIT

00:43:48

OVERALL TIME

40-49

CATEGORY

16

CATEGORY PLACING

176

OVERALL PLACING