

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Glen GIBSON

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:41

200M SWIM SPLIT

00:13:30

10KM BIKE SPLIT

00:11:30

2KM RUN SPLIT

00:34:33

OVERALL TIME

60-69

CATEGORY

2

CATEGORY PLACING

33

OVERALL PLACING