

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Dave GLENNAN

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:37

200M SWIM SPLIT

00:15:36

10KM BIKE SPLIT

00:14:43

2KM RUN SPLIT

00:43:41

OVERALL TIME

60-69

CATEGORY

5

CATEGORY PLACING

172

OVERALL PLACING