

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Brenden GLOSTER

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:23

200M SWIM SPLIT

00:15:41

10KM BIKE SPLIT

00:11:00

2KM RUN SPLIT

00:36:17

OVERALL TIME

20-29

CATEGORY

13

CATEGORY PLACING

56

OVERALL PLACING