

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Andy GRAYNDLER

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:06:23

200M SWIM SPLIT

00:19:59

10KM BIKE SPLIT

00:18:32

2KM RUN SPLIT

00:54:42

OVERALL TIME

40-49

CATEGORY

17

CATEGORY PLACING

236

OVERALL PLACING