

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Fred HOLMES

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:04:27

200M SWIM SPLIT

00:12:51

10KM BIKE SPLIT

00:10:37

2KM RUN SPLIT

00:33:23

OVERALL TIME

40-49

CATEGORY

2

CATEGORY PLACING

21

OVERALL PLACING