

## 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        | 00:12:51        | 00:10:37         | 00:33:23        |  |
|-----------------|-----------------|------------------|-----------------|--|
| 200M SWIM SPLIT | 10KM BIKE SPLIT | 2KM RUN SPLIT    | OVERALL TIME    |  |
| 40              | )-49            | 2                | 21              |  |
| CAT             | EGORY           | CATEGORY PLACING | OVERALL PLACING |  |













