

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

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FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:07

200M SWIM SPLIT

00:16:48

10KM BIKE SPLIT

00:12:23

2KM RUN SPLIT

00:39:57

OVERALL TIME

30-39

CATEGORY

10

CATEGORY PLACING

95

OVERALL PLACING