

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Josh LANG

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:04:00

200M SWIM SPLIT

00:17:19

10KM BIKE SPLIT

00:13:59

2KM RUN SPLIT

00:41:34

OVERALL TIME

12-13

CATEGORY

13

CATEGORY PLACING

139

OVERALL PLACING