

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Sonny MACKRILL

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:14

200M SWIM SPLIT

00:17:06

10KM BIKE SPLIT

00:09:24

2KM RUN SPLIT

00:36:04

OVERALL TIME

12-13

CATEGORY

9

CATEGORY PLACING

54

OVERALL PLACING