

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Mark MCDONAGH

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:54

200M SWIM SPLIT

00:12:45

10KM BIKE SPLIT

00:07:38

2KM RUN SPLIT

00:29:34

OVERALL TIME

30-39

CATEGORY

1

CATEGORY PLACING

4

OVERALL PLACING