

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Sarah OSTE

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:03:59

200M SWIM SPLIT

00:20:17

10KM BIKE SPLIT

00:13:02

2KM RUN SPLIT

00:43:45

OVERALL TIME

30-39

CATEGORY

29

CATEGORY PLACING

174

OVERALL PLACING