

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Zachary ROGER

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:03:54

200M SWIM SPLIT

00:16:30

10KM BIKE SPLIT

00:09:39

2KM RUN SPLIT

00:34:21

OVERALL TIME

12-13

CATEGORY

7

CATEGORY PLACING

30

OVERALL PLACING