

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## John ROPER

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:10

200M SWIM SPLIT

00:16:40

10KM BIKE SPLIT

00:14:28

2KM RUN SPLIT

00:43:18

OVERALL TIME

50-59

CATEGORY

6

CATEGORY PLACING

169

OVERALL PLACING