

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 23rd 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