

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Jade SEIDEL

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:02:44

200M SWIM SPLIT

00:16:26

10KM BIKE SPLIT

00:09:37

2KM RUN SPLIT

00:33:52

OVERALL TIME

14-15

CATEGORY

2

CATEGORY PLACING

25

OVERALL PLACING