

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

James SHORTILL

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:04:36

200M SWIM SPLIT

00:18:41

10KM BIKE SPLIT

00:16:24

2KM RUN SPLIT

00:48:52

OVERALL TIME

40-49

CATEGORY

15

CATEGORY PLACING

217

OVERALL PLACING