

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Tony SIMS

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:43

200M SWIM SPLIT

00:15:16

10KM BIKE SPLIT

00:12:54

2KM RUN SPLIT

00:39:22

OVERALL TIME

60-69

CATEGORY

3

CATEGORY PLACING

87

OVERALL PLACING