

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Richard SONG

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:56

200M SWIM SPLIT

00:19:55

10KM BIKE SPLIT

00:10:20

2KM RUN SPLIT

00:40:26

OVERALL TIME

40-49

CATEGORY

10

CATEGORY PLACING

105

OVERALL PLACING