

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Dimi TONG

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:48

200M SWIM SPLIT

00:18:05

10KM BIKE SPLIT

00:11:29

2KM RUN SPLIT

00:41:10

OVERALL TIME

20-29

CATEGORY

16

CATEGORY PLACING

128

OVERALL PLACING