

# TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

## CONGRATULATIONS!

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FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:34

200M SWIM SPLIT

00:17:08

10KM BIKE SPLIT

00:11:30

2KM RUN SPLIT

00:41:50

OVERALL TIME

20-29

CATEGORY

21

CATEGORY PLACING

143

OVERALL PLACING