

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

**Brendan WRAY**

**FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON**

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

00:04:58

200M SWIM SPLIT

00:18:08

10KM BIKE SPLIT

00:09:29

2KM RUN SPLIT

00:40:31

OVERALL TIME

30-39

CATEGORY

12

CATEGORY PLACING

110

OVERALL PLACING