

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

**Koula ZACHARIA**

**FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON**

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

00:06:15

200M SWIM SPLIT

00:17:56

10KM BIKE SPLIT

00:12:29

2KM RUN SPLIT

00:42:31

OVERALL TIME

40-49

CATEGORY

13

CATEGORY PLACING

158

OVERALL PLACING