

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Rob Mcgrath

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:03:47

200M SWIM SPLIT

00:13:56

10KM BIKE SPLIT

00:09:34

2KM RUN SPLIT

00:32:48

OVERALL TIME

50-59

CATEGORY

1

CATEGORY PLACING

17

OVERALL PLACING