

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## David SIERRA

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:06:31

200M SWIM SPLIT

00:13:56

10KM BIKE SPLIT

00:09:59

2KM RUN SPLIT

00:36:11

OVERALL TIME

40-49

CATEGORY

6

CATEGORY PLACING

55

OVERALL PLACING