

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Björn ESPEDIDO

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:05:42

200M SWIM SPLIT

00:15:08

10KM BIKE SPLIT

00:12:37

2KM RUN SPLIT

00:40:13

OVERALL TIME

40-49

CATEGORY

1

CATEGORY PLACING

13

OVERALL PLACING