

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Kisani KNOPF

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

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

200M SWIM SPLIT

10KM BIKE SPLIT

2KM RUN SPLIT

OVERALL TIME

20-29

CATEGORY

CATEGORY PLACING

OVERALL PLACING