

TRI THE GONG

SWIM. BIKE. RUN.

2023 FINISHER

CONGRATULATIONS!

Kirolos NASR

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

As part of the Wollongong Triathlon Festival 23rd April 2023

00:05:10

200M SWIM SPLIT

00:24:00

10KM BIKE SPLIT

00:18:10

2KM RUN SPLIT

00:55:11

OVERALL TIME

20-29

CATEGORY

8

CATEGORY PLACING

36

OVERALL PLACING