

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Thainara NEVES

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

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

00:05:30

200M SWIM SPLIT

00:18:31

10KM BIKE SPLIT

00:15:00

2KM RUN SPLIT

00:47:13

OVERALL TIME

30-39

CATEGORY

7

CATEGORY PLACING

29

OVERALL PLACING