

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

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FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

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

00:04:49

200M SWIM SPLIT

00:15:35

10KM BIKE SPLIT

00:09:17

2KM RUN SPLIT

00:34:35

OVERALL TIME

20-29

CATEGORY

2

CATEGORY PLACING

4

OVERALL PLACING