

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Carissa RYAN

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

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

00:05:25

200M SWIM SPLIT

00:26:10

10KM BIKE SPLIT

00:19:36

2KM RUN SPLIT

01:01:26

OVERALL TIME

20-29

CATEGORY

8

CATEGORY PLACING

38

OVERALL PLACING