

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## James SEIDEL

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

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

00:03:40

200M SWIM SPLIT

00:17:45

10KM BIKE SPLIT

00:22:17

2KM RUN SPLIT

00:48:52

OVERALL TIME

12-19

CATEGORY

1

CATEGORY PLACING

31

OVERALL PLACING