

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Chris RYAN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:27:45

1.5KM SWIM SPLIT

01:07:14

40KM BIKE SPLIT

00:48:24

10KM RUN SPLIT

02:28:35

OVERALL TIME

50-54

CATEGORY

2

CATEGORY PLACING

177

OVERALL PLACING