

# CONGRATULATIONS!

**Sam RUSSELL**

**FOR COMPLETING THE STANDARD DISTANCE TRIATHLON**

*As part of the Wollongong Triathlon Festival 21<sup>st</sup> April 2024*

00:20:22

1.5KM SWIM SPLIT

01:00:52

40KM BIKE SPLIT

00:35:07

10KM RUN SPLIT

01:58:59

OVERALL TIME

30-34

CATEGORY

7

CATEGORY PLACING

19

OVERALL PLACING