

# CONGRATULATIONS!

**Matthew INGRAM**

**FOR COMPLETING THE STANDARD DISTANCE TRIATHLON**

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

00:22:57

1.5KM SWIM SPLIT

01:05:28

40KM BIKE SPLIT

00:45:43

10KM RUN SPLIT

02:17:56

OVERALL TIME

45-49

CATEGORY

10

CATEGORY PLACING

125

OVERALL PLACING