

# CONGRATULATIONS!

**Matt PALMER**

**FOR COMPLETING THE STANDARD DISTANCE TRIATHLON**

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

00:20:57

1.5KM SWIM SPLIT

01:04:25

40KM BIKE SPLIT

00:43:02

10KM RUN SPLIT

02:13:21

OVERALL TIME

45-49

CATEGORY

6

CATEGORY PLACING

99

OVERALL PLACING