

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Hendrix PONTES

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:24:34

1.5KM SWIM SPLIT

01:10:04

40KM BIKE SPLIT

00:42:03

10KM RUN SPLIT

02:23:14

OVERALL TIME

45-49

CATEGORY

9

CATEGORY PLACING

125

OVERALL PLACING