

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

Michelle CHEN

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:25:46

1.5KM SWIM SPLIT

01:13:56

40KM BIKE SPLIT

00:55:56

10KM RUN SPLIT

02:40:31

OVERALL TIME

50-54

CATEGORY

6

CATEGORY PLACING

300

OVERALL PLACING