

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Amelie ROEDIGER

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

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

00:29:52

1.5KM SWIM SPLIT

01:59:30

40KM BIKE SPLIT

01:03:31

10KM RUN SPLIT

03:39:32

OVERALL TIME

20-24

CATEGORY

13

CATEGORY PLACING

499

OVERALL PLACING