

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Emily PYKE

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:16:43

750M SWIM SPLIT

00:44:32

20KM BIKE SPLIT

00:27:20

5KM RUN SPLIT

01:33:56

OVERALL TIME

30-34

CATEGORY

23

CATEGORY PLACING

428

OVERALL PLACING