

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## TEAM Team Pozy

FOR COMPLETING THE SPRINT DISTANCE TRIATHLON

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

00:15:20

750M SWIM SPLIT

00:57:41

20KM BIKE SPLIT

00:34:13

5KM RUN SPLIT

01:51:35

OVERALL TIME

Relay

CATEGORY

10

CATEGORY PLACING

18

OVERALL PLACING