

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

## Madeleine GOUGE

FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:04:23

200M SWIM SPLIT

00:17:18

10KM BIKE SPLIT

00:14:02

2KM RUN SPLIT

00:43:27

OVERALL TIME

20-29

CATEGORY

24

CATEGORY PLACING

170

OVERALL PLACING