

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

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FOR COMPLETING THE SUPER SPRINT DISTANCE TRIATHLON

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

00:05:07

200M SWIM SPLIT

00:19:40

10KM BIKE SPLIT

00:12:42

2KM RUN SPLIT

00:43:43

OVERALL TIME

40-49

CATEGORY

15

CATEGORY PLACING

173

OVERALL PLACING