

# TRI THE GONG

SWIM. BIKE. RUN.

## 2023 FINISHER

# CONGRATULATIONS!

**Diana ACKERMAN**

FOR COMPLETING THE TRY A TRI DISTANCE TRIATHLON

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

00:05:26

200M SWIM SPLIT

00:15:57

10KM BIKE SPLIT

00:08:14

2KM RUN SPLIT

00:35:06

OVERALL TIME

20-29

CATEGORY

1

CATEGORY PLACING

6

OVERALL PLACING