

2022-23 Duathlon 03

Date: 11th september 2022

Triathlon

Pos	FirstName	LastName	Race No	Time	Category	Cat Pos	Gender	Gender Pos	Run1	Run1 O Pos	Run1 G Pos	Cycle	Cycle O Pos	Cycle G Pos	Run	Run O Pos	Run G Pos
1	Iain	Miller	210	0:54:56	Ages 35 - 39	1	Male	1	00:15:44	1	1	00:33:26	3	3	0:05:46	1	1
2	Paul	Williams	211	0:58:04	Ages 45 - 49	1	Male	2	00:18:14	4	4	00:32:52	2	2	0:06:58	4	4
3	Phillip	Hays	220	0:59:19	Ages 55 - 59	1	Male	3	00:19:24	6	6	00:32:37	1	1	0:07:18	5	5
4	Shane	Gibson	217	1:00:57	Ages 35 - 39	2	Male	4	00:17:50	3	3	00:36:27	4	4	0:06:40	2	2
5	Karyss	Zappacosta *	200	1:01:13	Ages 30 - 34	1	Female	2	00:15:31			00:37:02	7	2	0:08:40	10	2
6	Ben	Davidson	224	1:02:39	Ages 30 - 34	1	Male	5	00:18:16	5	5	00:37:42	8	6	0:06:41	3	3
7	Bailee	Harrison #	206	1:04:17	Ages 35 - 39	1	Female	1	00:15:32			00:32:17			0:16:28		
8	Jazmyn	Tobin	213	1:04:40	Ages 40 - 44	1	Female	3	00:20:26	9	1	00:36:42	5	1	0:07:32	6	1
9	Gregg	Barber	214	1:05:02	Ages 35 - 39	3	Male	6	00:20:30	10	9	00:36:55	6	5	0:07:37	7	6
10	Francis	Walkers	216	1:07:10	Ages 35 - 39	4	Male	7	00:20:22	8	8	00:39:04	9	7	0:07:44	8	7
11	Dean	Adams-Godfrey	215	1:11:15	Ages 30 - 34	2	Male	8	00:20:10	7	7	00:42:59	10	8	0:08:06	9	8
	Aidan	Clark	227		Ages 25 - 29		Male										

* 3 laps on run

4 laps on bike