

Striders Triathlon 2016

August 18th

Triathlon				Swim		Cycle		Run		Total			
No				Time	Trans	Time	Trans	Time					
1	Greg	Williams		04:26	2	00:24		13:40	2	00:18	12:22	3	31:10
2	Paul	Finch		04:42	3	00:08		13:37	1	00:19	12:37	4	31:23
3	Justin	Macenhill		05:11	4	00:34		14:27	3	00:32	12:15	2	32:59
4	Brenhan	Heath		04:24	1	00:24		15:39	5	00:53	16:38	7	37:58
5	Phil	Coales		09:06	9	02:12		14:44	4	00:37	11:20	1	37:59
6	Paul	Cripps		08:05	8	01:30		17:38	6	00:23	13:16	5	40:52
7	Natalie	Clerke		06:19	5	02:11		19:39	9	00:14	16:19	6	44:42
8	Martin	Gourlay		07:48	6	02:00		18:08	7	00:43	17:07	8	45:46
9	Julian	Spencer-Wood		07:59	7	02:03		18:47	8	00:40	DNF		DNF
Aquathlon				Swim				Run		Total			
1	Karen	Macenhill		11:05	1	01:14				17:54	1	30:13	
Duathlon				Run		Ride				Total			
1	Sue	Atkinson		22:39	9	01:26		24:17	9			48:22	

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