

2018-19 Handicap #3 25th November 2018

Short Duathlon

1.5 km

9 km

3 km

Net Pos	Name	Race No	Finish Status	Net Time	Wave	Run 1	Run 1 Pace	Run 1 Pos	T1	T1 Pos	Bike	Bike Speed	Bike Pos	T2	T2 Pos	Run 2	Run 2 Pace	Run 2 Pos	Time	Pos
1	Dani Francesconi	21	Finished	01:00:27	25	00:00:14	0:11 min/km	1	00:00:06	1	00:09:48	57.5 km/h	1	00:01:00	2	00:24:18	7:35 min/km	2	00:35:27	1
2	Ciara Oldham	3	Finished	01:25:17	31	00:09:32	7:20 min/km	2	00:00:49	2	00:19:44	28.6 km/h	2	00:00:41	1	00:23:30	7:20 min/km	1	00:54:17	2

Long Duathlon

3 km

22 km

6 km

Net Pos	Name	Race No	Finish Status	Net Time	Wave	Run 1	Run 1 Pace	Run 1 Pos	T1	T1 Pos	Bike	Bike Speed	Bike Pos	T2	T2 Pos	Run 2	Run 2 Pace	Run 2 Pos	Time	Pos
1	Richard James	40	Finished	01:36:52	10	00:11:58	4:36 min/km	1	00:00:52	1	00:41:59	32.2 km/h	1	00:01:05	2	00:30:56	5:09 min/km	2	01:26:52	2
2	Craig McCulloch	61	Finished	01:38:39	13	00:12:18	4:43 min/km	2	00:00:53	2	00:42:23	31.9 km/h	2	00:00:39	1	00:29:24	4:54 min/km	1	01:25:39	1

Short Triathlon

300 m

9 km

3 km

Net Pos	Name	Race No	Finish Status	Net Time	Wave	Swim	Swim Pace	Swim Pos	T1	T1 Pos	Bike	Bike Speed	Bike Pos	T2	T2 Pos	Run	Run Pace	Run Pos	Time	Pos
1	Cheryl Pitt	55	Finished	01:16:26	25	00:08:16	165 sec/100m	7	00:00:58	5	00:19:21	29.1 km/h	4	00:01:14	8	00:21:36	6:45 min/km	6	00:51:26	6
2	Christina Petz	15	Finished	01:20:51	31	00:06:46	135 sec/100m	3	00:01:39	8	00:18:56	29.8 km/h	3	00:00:43	4	00:21:46	6:48 min/km	7	00:49:51	5
3	Paulus Fouche	39	Finished	01:21:13	35	00:07:21	147 sec/100m	3	00:01:38	4	00:20:36	27.4 km/h	3	00:00:33	1	00:16:04	5:01 min/km	1	00:46:13	1
4	Dylan Swan	2	Finished	01:21:25	32	00:06:43	135 sec/100m	1	00:01:13	2	00:22:19	25.3 km/h	5	00:00:42	2	00:18:26	5:45 min/km	2	00:49:25	3
5	Laura Marchese	137	Finished	01:21:57	35	00:07:08	143 sec/100m	4	00:00:55	4	00:20:41	27.3 km/h	5	00:00:37	2	00:17:34	5:29 min/km	3	00:46:57	3
6	Jarrad Bouckcert	36	Finished	01:22:03	32	00:07:23	148 sec/100m	4	00:02:12	6	00:19:34	28.8 km/h	1	00:00:45	3	00:20:07	6:17 min/km	5	00:50:03	5
7	Pam Foulkes-Taylor	89	Finished	01:23:14	39	00:08:27	169 sec/100m	8	00:00:49	2	00:18:02	31.3 km/h	1	00:01:13	6	00:15:41	4:54 min/km	1	00:44:14	2
8	Madeleine Hanekom	41	Finished	01:23:41	36	00:06:00	120 sec/100m	2	00:01:20	7	00:20:53	27.0 km/h	6	00:00:34	1	00:18:53	5:54 min/km	4	00:47:41	4
9	Juliette Frost	101	Finished	01:24:09	40	00:07:24	148 sec/100m	5	00:00:44	1	00:18:41	30.2 km/h	2	00:00:52	5	00:16:26	5:08 min/km	2	00:44:09	1
10	Heather Nicol	109	Finished	01:24:57	33	00:07:41	154 sec/100m	6	00:01:17	6	00:21:28	26.3 km/h	7	00:01:13	7	00:20:15	6:19 min/km	5	00:51:57	7
11	Glenn Richardson	27	Finished	01:25:14	37	00:07:19	146 sec/100m	2	00:00:34	1	00:19:59	28.2 km/h	2	00:00:54	4	00:19:26	6:04 min/km	4	00:48:14	2
12	Grant Wholey	112	Finished	01:26:52	37	00:07:53	158 sec/100m	5	00:01:18	3	00:20:51	27.0 km/h	4	00:01:14	5	00:18:34	5:48 min/km	3	00:49:52	4
13	Tracey Castlehow	49	Finished	01:36:21	29	00:01:17	25.8 sec/100m	1	00:00:50	3	00:37:38	15.0 km/h	8	00:00:39	3	00:26:54	8:24 min/km	8	01:07:21	8
DNF	Phillip Culver	70	DNF		29	00:10:23	208 sec/100m	6	00:02:08	5	00:24:47	22.8 km/h	6							

Long Triathlon

600 m

22 km

6 km

Net Pos	Name	Race No	Finish Status	Net Time	Wave	Swim	Swim Pace	Swim Pos	T1	T1 Pos	Bike	Bike Speed	Bike Pos	T2	T2 Pos	Run	Run Pace	Run Pos	Time	Pos
1	Jody Brownley	118	Finished	01:33:40	15	00:12:45	128 sec/100m	1	00:00:43	1	00:40:19	33.5 km/h	1	00:00:35	1	00:24:16	4:02 min/km	1	01:18:40	1
2	Gareth Quigley	97	Finished	01:35:19	15	00:12:48	128 sec/100m	7	00:00:53	6	00:39:47	34.0 km/h	3	00:00:42	3	00:26:08	4:21 min/km	3	01:20:19	4
3	Damien Keys	49	Finished	01:36:21	20	00:10:17	103 sec/100m	2	00:00:50	5	00:37:38	35.9 km/h	1	00:00:39	1	00:26:54	4:29 min/km	4	01:16:21	1
4	Matthew Hicks	25	Finished	01:37:22	20	00:11:57	120 sec/100m	5	00:00:36	3	00:38:50	34.8 km/h	2	00:00:50	4	00:25:07	4:11 min/km	1	01:17:22	2
5	Todd Dennis	121	Finished	01:37:50	20	00:09:43	97.3 sec/100m	1	00:01:17	8	00:40:32	33.4 km/h	4	00:01:02	5	00:25:15	4:12 min/km	2	01:17:50	3
6	Wayne Marchese	51	Finished	01:39:03	15	00:10:31	105 sec/100m	3	00:00:32	2	00:41:25	32.7 km/h	6	00:00:42	2	00:30:52	5:08 min/km	8	01:24:03	6
7	Katherine Hope	54	Finished	01:41:10	11	00:15:39	157 sec/100m	4	00:01:18	4	00:43:03	31.4 km/h	4	00:01:20	5	00:28:49	4:48 min/km	2	01:30:10	3
8	Matthew Kempin	42	Finished	01:41:10	17	00:10:54	109 sec/100m	4	00:00:30	1	00:43:56	30.8 km/h	8	00:01:06	7	00:27:42	4:37 min/km	6	01:24:10	7
9	Naomi Hartley	16	Finished	01:42:05	15	00:13:22	134 sec/100m	2	00:00:49	2	00:40:47	33.2 km/h	2	00:00:57	2	00:31:08	5:11 min/km	3	01:27:05	2
10	Nigel Hunter	103	Finished	01:42:22	16	00:13:26	134 sec/100m	8	00:00:41	4	00:43:39	31.0 km/h	7	00:01:05	6	00:27:29	4:34 min/km	5	01:26:22	8
11	Lisa Nelson	28	Finished	01:42:42	11	00:15:54	159 sec/100m	5	00:01:17	3	00:41:44	32.4 km/h	3	00:01:02	4	00:31:43	5:17 min/km	4	01:31:42	4
12	Eulogio Fullgrabe	1	Finished	01:43:33	20	00:12:41	127 sec/100m	6	00:01:08	7	00:40:44	33.2 km/h	5	00:01:06	8	00:27:52	4:38 min/km	7	01:23:33	5
13	Eulogio Almanza	108	Finished	01:43:54	8	00:14:55	149 sec/100m	9	00:01:47	9	00:45:07	30.0 km/h	9	00:01:14	9	00:32:48	5:28 min/km	9	01:35:54	9
DQ	Fiona O'Donnell *	32	Finished	01:35:27	1	00:13:48	138 sec/100m	3	00:02:37	5	00:43:27	31.1 km/h	5	00:00:59	3	00:33:34	5:35 min/km	5	01:34:27	5

* Wetsuit swim