



tri-alliance
tri-coaching

Cat Pos	Pos	Race No	First Name	Last Name	Name	Time	Category	Cat Pos	Gender	Gen Pos	Status	Swim	100m split	C.Pos	C.Pos	Bike	km/h	Swim +Bike	Pos after Bike	Gain /Loss	C.Pos	Run	1km split	Gain /Loss	C.Pos
21	55	225	Paul	Thistleton	Paul Thistleton	4:34:30	30-39	21	Male	51	Finished	0:34:36	0:01:44	6	6	2:29:49	32.04	3:04:25	24	-18	41	1:30:04	0:05:00	3	25
5	19	128	Stephen	Gage	Stephen Gage	4:18:24	40-49	5	Male	17	Finished	0:31:42	0:01:35	3	3	2:12:01	36.36	2:43:43	3	0	3	1:34:41	0:05:16	-2	25