



D/Pl	#	Bib#	Name	Swim	100m split	Swim Pos	Bike km/h	Swim +Bike	Pos after Bike	Gain /Loss	Run	1km split	Gain /Loss	Finish	Place	Gender	G/Pl	Division	D/Pl
18	399	717	MADDIE MORTON	0:00:00	0:00:00	4	1:49:54 21.84	1:49:54	17	-13	1:01:32	0:06:09	-1	2:51:26	399	F	91	F20-24	18
5	213	739	EMILY MYERS	0:22:20	0:01:29	5	1:17:12 31.09	1:39:32	6	-1	0:50:03	0:05:00	1	2:29:36	213	F	26	F25-29	5
7	338	771	ANOUSKA VANDERWILT	0:23:49	0:01:35	8	1:19:16 30.28	1:43:05	7	1	0:58:13	0:05:49	0	2:41:19	338	F	62	F30-34	7
1	113	818	HEIDI SOWERBY	0:22:05	0:01:28	5	1:10:57 33.83	1:33:02	2	3	0:45:52	0:04:35	1	2:18:55	113	F	12	F40-44	1
8	43	366	KIERAN HEINZE	0:19:51	0:01:19	19	1:04:19 37.32	1:24:10	10	9	0:45:28	0:04:33	2	2:09:39	43	M	42	M30-34	8
30	143	340	GEOFFREY BARTLETT	0:20:23	0:01:22	20	1:17:11 31.09	1:37:34	40	-20	0:44:48	0:04:29	10	2:22:23	143	M	129	M30-34	30
52	344	344	NATHAN BROOKING	0:24:50	0:01:39	54	1:17:55 30.80	1:42:45	54	0	0:59:35	0:05:58	2	2:42:20	344	M	281	M30-34	52
55	370	377	MARKO LUND	0:24:05	0:01:36	47	1:22:55 28.94	1:47:00	57	-10	0:58:52	0:05:53	2	2:45:53	370	M	294	M30-34	55
7	211	623	PAUL WILLIAMS	0:25:21	0:01:41	14	1:11:43 33.47	1:37:04	9	5	0:52:18	0:05:14	2	2:29:24	211	M	186	M50-54	7