



Cat Pos	Name (#)	Time	Cat	Gender Pos	Swim	100m split	swim pos	Bike	km/h	swim + bike	pos after bike	gain /loss	Run	1km split	gain /loss
23	Stephen TAMSETT	3:09:10	20-24	645	0:39:21	0:02:37	22	1:22:46	29.00	2:02:07	22	0	1:07:03	0:06:42	-1
18	Kate GOULDING	2:32:39	25-29	77	0:30:04	0:02:00	12	1:10:56	33.83	1:41:00	12	0	0:51:38	0:05:10	-6
2	Sarah JONES	2:19:32	30-34	21	0:33:24	0:02:14	15	1:03:39	37.71	1:37:03	6	9	0:42:28	0:04:15	4
20	Pat DALL	2:08:14	30-34	69	0:27:35	0:01:50	22	0:58:43	40.87	1:26:18	17	5	0:41:56	0:04:12	-3
77	Mark MCDONNELL	2:33:42	30-34	406	0:33:01	0:02:12	55	1:06:47	35.94	1:39:48	54	1	0:53:53	0:05:23	-23
102	Michael DAY	2:48:14	30-34	562	0:46:32	0:03:06	114	1:12:31	33.10	1:59:03	108	6	0:49:10	0:04:55	6
112	Marko LUND	2:56:02	30-34	614	0:35:48	0:02:23	78	1:20:32	29.80	1:56:20	103	-25	0:59:42	0:05:58	-9
8	Sam BEH	2:21:45	35-39	34	0:32:31	0:02:10	14	1:07:03	35.79	1:39:34	8	6	0:42:10	0:04:13	0
1	Heidi SOWERBY	2:13:48	40-44	8	0:27:43	0:01:51	1	1:05:17	36.76	1:33:00	1	0	0:40:46	0:04:05	0
12	Kerri SPANNER	2:38:24	40-44	105	0:40:03	0:02:40	18	1:13:02	32.86	1:53:05	16	2	0:45:18	0:04:32	4
2	Stephen GAGE	2:02:48	40-44	31	0:24:22	0:01:37	1	1:00:41	39.55	1:25:03	2	-1	0:37:43	0:03:46	0
5	Todd MARTIN	2:07:13	40-44	57	0:32:31	0:02:10	51	0:58:03	41.34	1:30:34	11	40	0:36:37	0:03:40	6
10	Mark TURNER	2:09:10	40-44	78	0:28:41	0:01:55	15	1:00:51	39.44	1:29:32	9	6	0:39:38	0:03:58	-1
21	Stephen DAVY	2:18:19	40-44	162	0:32:01	0:02:08	45	1:03:12	37.97	1:35:13	31	14	0:43:05	0:04:19	10
30	Jarrold WILLIAMS	2:21:04	40-44	193	0:35:42	0:02:23	76	1:01:40	38.92	1:37:22	40	36	0:43:41	0:04:22	10
16	Paul WILLIAMS	2:33:26	50-54	404	0:37:55	0:02:32	27	1:07:10	35.73	1:45:05	18	9	0:48:20	0:04:50	2