

Sunshine Coast 70.3 Results



Cat Pos	Pos	Name	Time	Categ	Gender	Pos	Swim	100m split	Swim Pos	T1	Cycle	km/h	T1 + Bike	Swim + T1 + Bike	Pos after Bike	Gain /Loss	T2	Run	1km split	Run + T2	Gain /Loss
6	145	Dean THURGOOD	4:40:30	18 to 24	132	0:26:22	0:01:23	2	0:02:15	2:27:39	36.57	2:29:54	2:56:16	6	-4	0:01:38	1:42:35	0:04:52	1:44:13	0	
30	973	Kate GOULDING	5:47:34	25 to 29	195	0:35:00	0:01:51	18	0:03:14	2:52:11	31.36	2:55:25	3:30:25	25	-7	0:06:13	2:10:55	0:06:12	2:17:08	-5	
16	202	Tim COLES	4:45:44	25 to 29	179	0:31:09	0:01:38	23	0:03:34	2:29:51	36.04	2:33:25	3:04:34	20	3	0:02:37	1:38:32	0:04:40	1:41:09	4	
16	546	Taryn SWAN	5:14:32	30 to 34	87	0:38:34	0:02:02	35	0:02:53	2:46:00	32.53	2:48:53	3:27:27	21	14	0:01:53	1:45:11	0:04:59	1:47:04	5	
26	748	Phillippa SMITH	5:29:20	30 to 34	134	0:38:49	0:02:03	39	0:03:16	2:48:10	32.11	2:51:26	3:30:15	26	13	0:01:42	1:57:21	0:05:34	1:59:03	0	
36	909	Kristin MUIR	5:42:33	30 to 34	172	0:37:14	0:01:58	27	0:04:37	2:52:35	31.29	2:57:12	3:34:26	36	-9	0:04:25	2:03:39	0:05:52	2:08:04	0	
58	1280	Jennifer MCGEE	6:36:00	30 to 34	283	0:47:17	0:02:29	62	0:04:21	3:23:27	26.54	3:27:48	4:15:05	60	2	0:02:10	2:18:43	0:06:34	2:20:53	2	
36	195	Geoff BARTLETT	4:45:13	30 to 34	172	0:30:16	0:01:36	31	0:02:47	2:33:48	35.11	2:36:35	3:06:51	58	-27	0:02:03	1:36:18	0:04:34	1:38:21	22	
99	606	Michael ZINK	5:18:55	30 to 34	508	0:32:30	0:01:43	61	0:03:10	2:26:35	36.84	2:29:45	3:02:15	41	20	0:02:25	2:14:13	0:06:22	2:16:38	-58	
157	1194	Andrew REILLY	6:14:41	30 to 34	942	0:41:14	0:02:10	156	0:04:33	3:01:14	29.80	3:05:47	3:47:01	158	-2	0:03:25	2:24:13	0:06:50	2:27:38	1	
14	76	Brad JONES	4:31:30	35 to 39	72	0:27:45	0:01:28	11	0:02:27	2:24:38	37.34	2:27:05	2:54:50	16	-5	0:01:06	1:35:32	0:04:32	1:36:38	2	
82	368	Adam KING	5:00:53	35 to 39	321	0:32:29	0:01:43	67	0:03:15	2:27:45	36.55	2:31:00	3:03:29	44	23	0:02:22	1:54:59	0:05:27	1:57:21	-38	
99	447	Jeremy BRIDGES	5:06:42	35 to 39	385	0:40:27	0:02:08	200	0:05:06	2:40:37	33.62	2:45:43	3:26:10	161	39	0:03:38	1:36:52	0:04:35	1:40:30	62	
224	1219	Shane CARLON	6:17:53	35 to 39	957	0:42:59	0:02:16	215	0:04:53	2:56:28	30.60	3:01:21	3:44:20	216	-1	0:06:33	2:26:59	0:06:58	2:33:32	-8	
230	1279	Michael HARVEY	6:35:50	35 to 39	997	0:38:15	0:02:01	173	0:03:59	3:02:15	29.63	3:06:14	3:44:29	218	-45	0:02:40	2:48:40	0:08:00	2:51:20	-12	
15	502	Kerri SPANNER	5:10:43	40 to 44	77	0:41:11	0:02:10	60	0:03:15	2:33:49	35.11	2:37:04	3:18:15	18	42	0:01:37	1:50:50	0:05:15	1:52:27	3	
31	760	Krista PAGE	5:30:41	40 to 44	137	0:37:00	0:01:57	42	0:03:13	2:43:51	32.96	2:47:04	3:24:04	27	15	0:01:46	2:04:49	0:05:55	2:06:35	-4	
5	49	Albie FIRLEY	4:25:11	40 to 44	47	0:31:59	0:01:41	51	0:02:05	2:20:04	38.55	2:22:09	2:54:08	10	41	0:01:04	1:29:57	0:04:16	1:31:01	5	
20	115	Stephen GAGE	4:37:04	40 to 44	106	0:27:06	0:01:26	5	0:02:48	2:24:31	37.37	2:27:19	2:54:25	14	-9	0:01:27	1:41:10	0:04:48	1:42:37	-6	
41	213	Kevin ALEXANDER	4:46:20	40 to 44	187	0:30:26	0:01:36	24	0:02:48	2:21:10	38.25	2:23:58	2:54:24	13	11	0:01:24	1:50:30	0:05:14	1:51:54	-28	
56	281	Tim OSBORNE	4:52:22	40 to 44	248	0:29:47	0:01:34	16	0:03:26	2:27:54	36.51	2:31:20	3:01:07	34	-18	0:01:31	1:49:41	0:05:12	1:51:12	-22	
151	743	Michael HOEY	5:29:00	40 to 44	612	0:32:34	0:01:43	63	0:03:53	2:45:02	32.72	2:48:55	3:21:29	147	-84	0:03:21	2:04:08	0:05:53	2:07:29	-4	
111	1099	Shane BAMKIN	6:00:10	45 to 49	877	0:33:26	0:01:46	41	0:06:13	2:59:05	30.15	3:05:18	3:38:44	107	-66	0:05:11	2:16:13	0:06:27	2:21:24	-4	
29	556	Darrell GILES	5:15:18	50 to 54	468	0:39:11	0:02:04	63	0:03:31	2:39:49	33.79	2:43:20	3:22:31	35	28	0:01:55	1:50:51	0:05:15	1:52:46	6	
47	817	Johnny VAN ROOYEN	5:35:04	50 to 54	670	0:40:22		68	0:04:13	3:03:42		3:07:55	3:48:17	69	-1	0:01:58	1:44:47		1:46:45	22	