

# Impulse Cycles Try-a-Tri

Emu Point - 12 Nov. 2017

| No | Name                        | Swim Time | Cycle time | Run time | Overall time | Place | Swim Pace | Speed cycle | Run Pace |
|----|-----------------------------|-----------|------------|----------|--------------|-------|-----------|-------------|----------|
|    | <b>Short Course</b>         | 300       | 10         | 2.5      |              |       | Per 100m  | km/h        | min/km   |
| 13 | Andrew Polton               | 0:08:48   | 0:18:47    | 0:13:03  | 0:40:38      | 1     | 0:02:56   | 31.9        | 0:05:13  |
| 15 | Colin Pass                  | 0:08:49   | 0:21:30    | 0:11:05  | 0:41:24      | 2     | 0:02:56   | 27.9        | 0:04:26  |
| 14 | Jason Lockhart              | 0:05:18   | 0:24:36    | 0:12:56  | 0:42:50      | 3     | 0:01:46   | 24.4        | 0:05:10  |
| 2  | Kenneth Williams            | 0:09:57   | 0:20:17    | 0:16:45  | 0:46:59      | 4     | 0:03:19   | 29.6        | 0:06:42  |
| 16 | Abbey Barker                | 0:12:13   | 0:22:38    | 0:12:48  | 0:47:39      | 5     | 0:04:04   | 26.5        | 0:05:07  |
| 17 | Kelly Barker                | 0:12:12   | 0:22:36    | 0:12:51  | 0:47:39      | 6     | 0:04:04   | 26.5        | 0:05:08  |
| 11 | Vicki Reed                  | 0:11:34   | 0:23:10    | 0:16:57  | 0:51:41      | 7     | 0:03:51   | 25.9        | 0:06:47  |
| 4  | Lucas Ravenhill             | 0:09:30   | 0:26:58    | 0:16:06  | 0:52:34      | 8     | 0:03:10   | 22.2        | 0:06:26  |
| 3  | Rebecca Ravenhill           | 0:11:58   | 0:25:34    | 0:17:10  | 0:54:42      | 9     | 0:03:59   | 23.5        | 0:06:52  |
| 12 | Mary Holt                   | 0:12:32   | 0:27:01    | 0:15:57  | 0:55:30      | 10    | 0:04:11   | 22.2        | 0:06:23  |
| 6  | Josh Marshall               | 0:10:24   | 0:32:36    | 0:14:16  | 0:57:16      | 11    | 0:03:28   | 18.4        | 0:05:42  |
| 18 | Kelly Waterhouse            | 0:11:29   | 0:25:51    | 0:20:46  | 0:58:06      | 12    | 0:03:50   | 23.2        | 0:08:18  |
| 8  | Jennifer Bristow            | 0:11:41   | 0:28:20    | 0:20:07  | 1:00:08      | 13    | 0:03:54   | 21.2        | 0:08:03  |
| 7  | Ingrid Smidt                | 0:11:43   | 0:29:31    | 0:19:46  | 1:01:00      | 14    | 0:03:54   | 20.3        | 0:07:54  |
| 9  | Taylah Hearn                | 0:11:53   | 0:30:53    | 0:20:26  | 1:03:12      | 15    | 0:03:58   | 19.4        | 0:08:10  |
| 10 | Maz Hearn                   | 0:11:50   | 0:30:59    | 0:20:24  | 1:03:13      | 16    | 0:03:57   | 19.4        | 0:08:10  |
| 5  | Ashleigh Tomsetig           | 0:11:42   | 0:29:36    | 0:27:58  | 1:09:16      | 17    | 0:03:54   | 20.3        | 0:11:11  |
|    | <b>Long Course</b>          | 750       | 20         | 5        |              |       |           |             |          |
| 29 | Toby Kruger Le-Fort         | 0:12:51   | 0:28:26    | 0:19:02  | 1:00:19      | 1     | 0:01:43   | 42.2        | 0:03:48  |
| 22 | Samuel Medway               | 0:15:59   | 0:34:55    | 0:23:40  | 1:14:34      | 2     | 0:02:08   | 34.4        | 0:04:44  |
| 41 | John Toomey                 | 0:15:04   | 0:35:14    | 0:25:48  | 1:16:06      | 3     | 0:02:01   | 34.1        | 0:05:10  |
| 42 | Andrea Campbell             | 0:18:35   | 0:37:00    | 0:23:26  | 1:19:01      | 4     | 0:02:29   | 32.4        | 0:04:41  |
| 24 | Glen Tranter                | 0:17:00   | 0:34:50    | 0:27:33  | 1:19:23      | 5     | 0:02:16   | 34.4        | 0:05:31  |
| 23 | Meeghan Clay                | 0:16:58   | 0:36:20    | 0:27:54  | 1:21:12      | 6     | 0:02:16   | 33.0        | 0:05:35  |
| 21 | Matt Leverington            | 0:18:38   | 0:40:55    | 0:27:38  | 1:27:11      | 7     | 0:02:29   | 29.3        | 0:05:32  |
| 25 | Jamie Wilkinson             | 0:23:50   | 0:37:37    | 0:33:15  | 1:34:42      | 8     | 0:03:11   | 31.9        | 0:06:39  |
| 28 | Danch Lee                   | 0:18:34   | 0:41:57    | 0:35:39  | 1:36:10      | 9     | 0:02:29   | 28.6        | 0:07:08  |
| 27 | Bron Davey                  | 0:24:54   | 0:42:42    | 0:29:54  | 1:37:30      | 10    | 0:03:19   | 28.1        | 0:05:59  |
| 26 | Churnkwen Wilkinson         | 0:27:04   | 0:48:34    | 0:38:05  | 1:53:43      | 11    | 0:03:37   | 24.7        | 0:07:37  |
|    | <b>Teams - Short Course</b> |           |            |          |              |       |           |             |          |
| 31 | Rogers/Young                | 0:10:32   | 0:18:36    | 0:14:31  | 0:43:39      | 1     | 0:03:31   | 32.3        | 0:05:48  |
| 32 | Hawkes                      | 0:15:14   | 0:18:42    | 0:14:05  | 0:48:01      | 2     | 0:05:05   | 32.1        | 0:05:38  |
| 33 | Campbell                    | 0:11:31   | 0:26:55    | 0:12:29  | 0:50:55      | 3     | 0:03:50   | 22.3        | 0:05:00  |