Mirimar Veterinary Clinic Club Tri 1

Emu Point

Name	Swim Time	Cycle time	Run time	Overall time	Place	Swim Pace	Speed cycle	Run Pace
Short Course	**300**	**9**	**2.5**			**Per 100m**	**km/h**	**min/km**
Glen TRANTER	0:07:43	0:20:15	0:14:51	**0:42:49**	1	0:02:34	26.7	0:05:56
Vicki REED	0:08:24	0:21:27	0:16:00	**0:45:51**	2	0:02:48	25.2	0:06:24
Lucas RAVENHILL	0:06:30	0:25:08	0:15:41	**0:47:19**	3	0:02:10	21.5	0:06:16
Mary HOLT	0:08:53	0:25:49	0:15:18	**0:50:00**	4	0:02:58	20.9	0:06:07
Harrison CAMPBELL	0:08:06	0:28:02	0:14:46	**0:50:54**	5	0:02:42	19.3	0:05:54
Rebecca RAVENHILL	0:08:51	0:25:59	0:18:03	**0:52:53**	6	0:02:57	20.8	0:07:13
Lachlan RIDDEN (run only)		0:32:50	0:17:18	**0:50:08**				0:06:55
Mia (swim only)	0:15:15					0:05:05		
Short Course Teams	**300**	**9**	**2.5**			**Per 100m**	**km/h**	**min/km**
Jean-Edie-Charlie	0:09:23	0:23:07	0:12:30	**0:45:00**	1	0:03:08	23.4	0:05:00
Campbell Lads	0:08:07	0:24:43	0:12:56	**0:45:46**	2	0:02:42	21.8	0:05:10
Raving Hicks	0:08:00	0:25:21	0:12:33	**0:45:54**	3	0:02:40	21.3	0:05:01
Long Course	**750**	**20**	**5**			**Per 100m**	**km/h**	**min/km**
Dean SPINKS	0:13:11	0:33:13	0:24:30	**1:10:54**	1	0:01:45	36.1	0:04:54
Jarrad NORTON	0:14:49	0:36:20	0:25:50	**1:16:59**	2	0:01:59	33.0	0:05:10
Dre CAMPBELL	0:16:40	0:37:29	0:24:20	**1:18:29**	3	0:02:13	32.0	0:04:52
Jamie WILKINSON	0:19:28	0:37:42	0:32:26	**1:29:36**	4	0:02:36	31.8	0:06:29
Bron DAVEY	0:21:19	0:40:41	0:29:20	**1:31:20**	5	0:02:51	29.5	0:05:52
Lee DANCH	0:16:39	0:40:56	0:34:05	**1:31:40**	6	0:02:13	29.3	0:06:49
Chu WILKINSON	0:22:19	0:49:07	0:24:58	**1:36:24**	7	0:02:59	24.4	0:05:00