

Sustainable Motion & Six Degrees Club Tri 3

Emu Point

11-Feb-18

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
Alanna Halsell	0:07:45	0:20:11	0:14:13	0:42:09	1	0:02:35	26.8	0:05:41
Josh Marshall	0:07:33	0:21:38	0:13:54	0:43:05	2	0:02:31	25.0	0:05:34
Karen Nicholl	0:08:02	0:21:46	0:14:52	0:44:40	3	0:02:41	24.8	0:05:57
Rebecca Ravenhill	0:08:03	0:23:10	0:16:30	0:47:43	4	0:02:41	23.3	0:06:36
Short Course (Unofficial) Juniors	150	9	2.5			Per 100m	km/h	min/km
Edmund Toomey	0:07:06	0:29:26	0:16:41	0:53:13		0:04:44	18.3	0:06:40
Lachlan Ridden	0:07:49	0:32:46	0:16:08	0:56:43		0:05:13	16.5	0:06:27
Long Course	750	19	5			Per 100m	km/h	min/km
John Toomey	0:13:23	0:34:25	0:23:39	1:11:27	1	0:01:47	33.1	0:04:44
Adrian Nicholl	0:13:41	0:35:51	0:22:34	1:12:06	2	0:01:49	31.8	0:04:31
Glen Tranter	0:15:50	0:31:39	0:25:33	1:13:02	3	0:02:07	36.0	0:05:07
Alex Poulton	0:15:32	0:33:40	0:25:25	1:14:37	4	0:02:04	33.9	0:05:05
<i>Dree Campbell</i>	<i>0:16:14</i>	<i>0:37:04</i>	<i>0:24:58</i>	1:18:16	5	0:02:10	30.8	0:05:00
Matt Leverington	0:17:10	0:36:00	0:27:33	1:20:43	6	0:02:17	31.7	0:05:31
Dwayne Sobey	0:17:56	0:37:14	0:26:15	1:21:25	7	0:02:23	30.6	0:05:15
<i>Marilyn Connell</i>	<i>0:17:33</i>	<i>0:35:38</i>	<i>0:29:22</i>	1:22:33	8	0:02:20	32.0	0:05:52
<i>Tammy Stone</i>	<i>0:18:46</i>	<i>0:37:54</i>	<i>0:27:39</i>	1:24:19	9	0:02:30	30.1	0:05:32
Danch Lee	0:16:12	0:39:57	0:33:41	1:29:50	10	0:02:10	28.5	0:06:44
<i>Bron Davey</i>	<i>0:20:00</i>	<i>0:39:04</i>	<i>0:31:42</i>	1:30:46	11	0:02:40	29.2	0:06:20
Team - Ruttico (Swimmer G.T.)	0:15:50	0:30:40	0:26:47	1:13:17	1	0:02:07	37.2	0:05:21
Team - I Don't Know	0:15:55	0:42:16	0:23:27	1:21:38	2	0:02:07	27.0	0:04:41