

# 2018 Impulse Cycles Try-A-Tri

Location		Date										
No	Name	Swim Split	Swim Time	Cycle Split	Cycle time	Finish split	Run time	Overall time	Place	Swim Pace	Speed cycle	Run Pace
Short Course			300		10		2.5			Per 100m	km/h	min/km
1	Colin Pass	0:06:02	0:06:02	0:27:12	0:21:10	0:37:55	0:10:43	0:37:55	1	0:02:01	28.3	0:04:17
2	Luke Pitman	0:07:17	0:07:17	0:30:41	0:23:24	0:46:44	0:16:03	0:46:44	5	0:02:26	25.6	0:06:25
3	Leanne Barnes	0:07:27	0:07:27	0:34:52	0:27:25	0:55:52	0:21:00	0:55:52	13	0:02:29	21.9	0:08:24
4	George Campbell	0:09:31	0:09:31	0:39:00	0:29:29	0:54:31	0:15:31	0:54:31	10	0:03:10	20.4	0:06:12
5	Sophie Osburn	0:09:15	0:09:15	0:38:59	0:29:44	0:54:31	0:15:32	0:54:31	11	0:03:05	20.2	0:06:13
6	Paul O'meehan	0:08:34	0:08:34	0:38:43	0:30:09	0:54:31	0:15:48	0:54:31	12	0:02:51	19.9	0:06:19
7	Kelly Waterhouse	0:08:34	0:08:34	0:35:08	0:26:34	0:54:16	0:19:08	0:54:16	9	0:02:51	22.6	0:07:39
8	Donald Goldstack	0:07:40	0:07:40	0:30:27	0:22:47	0:41:52	0:11:25	0:41:52	4	0:02:33	26.3	0:04:34
9	Marcus Mellan	0:07:59	0:07:59	0:36:37	0:28:38	0:48:06	0:11:29	0:48:06	6	0:02:40	21.0	0:04:36
10	Samantha Hulm	0:08:44	0:08:44	0:35:15	0:26:31	0:48:22	0:13:07	0:48:22	7	0:02:55	22.6	0:05:15
11	Scott Nighthall	0:07:49	0:07:49	0:33:45	0:25:56	0:48:56	0:15:11	0:48:56	8	0:02:36	23.1	0:06:04
12	Ken Willis	0:06:23	0:06:23	0:26:18	0:19:55	0:41:08	0:14:50	0:41:08	2	0:02:08	30.1	0:05:56
13	Corban Fleming	0:06:05	0:06:05	0:29:08	0:23:03	0:41:47	0:12:39	0:41:47	3	0:02:02	26.0	0:05:04
Long Course			750		20		5					
30	Nathan Small	0:12:42	0:12:42	0:47:52	0:35:10	1:12:42	0:24:50	1:12:42	5	0:01:42	34.1	0:04:58
31	Jack Banks	0:14:07	0:14:07	0:50:17	0:36:10	1:17:00	0:26:43	1:17:00	6	0:01:53	33.2	0:05:21
32	Mark Davey	0:13:27	0:13:27	0:48:08	0:34:41	1:10:02	0:21:54	1:10:02	3	0:01:48	34.6	0:04:23
33	Ken McGonnell	0:16:22	0:16:22	0:59:24	0:43:02	1:25:00	0:25:36	1:25:00	8	0:02:11	27.9	0:05:07
34	Dwayne Sobey	0:15:22	0:15:22	0:53:29	0:38:07	1:19:20	0:25:51	1:19:20	7	0:02:03	31.5	0:05:10
35	Jackson Pitman	0:13:17	0:13:17	0:45:03	0:31:46	1:04:56	0:19:53	1:04:56	2	0:01:46	37.8	0:03:59
36	Toby Kruger Le-Fort	0:11:17	0:11:17	0:40:13	0:28:56	0:58:40	0:18:27	0:58:40	1	0:01:30	41.5	0:03:41
37	Robert McKenzies	0:16:01	0:16:01	1:00:04	0:44:03	1:26:23	0:26:19	1:26:23	9	0:02:08	27.2	0:05:16
38	Richard Miller	0:14:47	0:14:47	0:50:23	0:35:36	1:11:15	0:20:52	1:11:15	4	0:01:58	33.7	0:04:10
Teams - Short Course												
50	Team Proudfoot/Holt	0:06:55	0:06:55	0:31:45	0:24:50	0:45:55	0:14:10	0:45:55	1	0:02:18	24.2	0:05:40