

Six Degrees Club Tri #3

Emu Point		Date	10/2/2019								
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		9		2.5			Per 100m	km/h	min/km
Jayne Wholagan	0:09:04	0:09:04	0:35:46	0:26:42	0:51:30	0:15:44	0:51:30	6	0:03:01	20.2	0:06:18
Margot Byrne	0:09:20	0:09:20	0:35:35	0:26:15	0:53:31	0:17:56	0:53:31	9	0:03:07	20.6	0:07:10
Madeleine Byrne	0:09:05	0:09:05	0:39:52	0:30:47	0:59:59	0:20:07	0:59:59	12	0:03:02	17.5	0:08:03
Karen Nicoll	0:08:17	0:08:17	0:29:47	0:21:30	0:43:54	0:14:07	0:43:54	4	0:02:46	25.1	0:05:39
Donna Diletti	0:09:21	0:09:21	0:39:30	0:30:09	0:53:51	0:14:21	0:53:51	10	0:03:07	17.9	0:05:44
Rob Diletti	0:09:31	0:09:31	0:50:56	0:41:25	1:09:02	0:18:06	1:09:02	13	0:03:10	13.0	0:07:14
Zoe Diletti	0:09:04	0:09:04	0:39:51	0:30:47	00:51:40	0:11:49	0:51:40	7	0:03:01	17.5	0:04:44
Leanne Barnes	0:07:59	0:07:59	0:35:56	0:27:57	0:55:50	0:19:54	0:55:50	11	0:02:40	19.3	0:07:58
Josh Marshall	0:06:52	0:06:52	0:24:50	0:17:58	0:36:59	0:12:09	0:36:59	1	0:02:17	30.1	0:04:52
Jane Algie	0:08:20	0:08:20	0:28:45	0:20:25	0:41:27	0:12:42	0:41:27	3	0:02:47	26.4	0:05:05
Nigel Hawke	0:08:20	0:08:20	0:33:11	0:24:51	0:49:09	0:15:58	0:49:09	5	0:02:47	21.7	0:06:23
Corban Fleming	0:06:33	0:06:33	0:26:24	0:19:51	00:39:11	0:12:47	0:39:11	2	0:02:11	27.2	0:05:07
Sarah Fleming	0:08:19	0:08:19	0:35:57	0:27:38	0:53:12	0:17:15	0:53:12	8	0:02:46	19.5	0:06:54
Long Course Teams		750		19		5			Per 100m	km/h	min/km
Stirling Ranges Beef	0:19:08	0:19:08	0:58:34	0:39:26	1:26:51	0:28:17	1:26:51		0:02:33	28.9	0:05:39
Long Swim, Short Bike		750		9							
Mia Hawk	0:17:31	0:17:31	0:50:00	0:32:29			0:50:00		0:02:20	16.6	
Long Course		750		19		5			Per 100m	km/h	min/km
Nathan Small	0:13:12	0:13:12	0:44:31	0:31:19	1:04:37	0:20:06	1:04:37	3	0:01:46	36.4	0:04:01
Jackson Pitman	0:14:09	0:14:09	0:44:13	0:30:04	1:04:04	0:19:51	1:04:04	2	0:01:53	37.9	0:03:58
Kelly Waterhouse	0:21:44	0:21:44	1:09:22	0:47:38	1:47:21	0:37:59	1:47:21	8	0:02:54	23.9	0:07:36
Toby LeFort	0:13:39	0:13:39	0:42:35	0:28:56	1:01:51	0:19:16	1:01:51	1	0:01:49	39.4	0:03:51
Penny Gooding	0:15:42	0:15:42	0:50:00	0:34:18	1:12:37	0:22:37	1:12:37	4	0:02:06	33.2	0:04:31
Angela Gorman	0:22:50	0:22:50	1:10:41	0:47:51	1:41:36	0:30:55	1:41:36	7	0:03:03	23.8	0:06:11
Ken Willis	0:16:37	0:16:37	0:54:47	0:38:10	1:23:43	0:28:56	1:23:43	5	0:02:13	29.9	0:05:47
Lucy Anderton	0:20:29	0:20:29	0:58:52	0:38:23	1:27:54	0:29:02	1:27:54	6	0:02:44	29.7	0:05:48