

# Six Degrees Club Tri 1

Emu Point

Date

9-Dec-19

Name	Swim Split	Swim Time	Cycle Split	Cycle time	Finish split	Run time	Overall time	Place	Swim Pace	Speed cycle	Run Pace
<b>Short Course</b>		<b>300</b>		<b>9</b>		<b>2.5</b>			<b>Per 100m</b>	<b>km/h</b>	<b>min/km</b>
Don Goldsack	0:06:44	0:06:44	0:27:31	0:20:47	0:38:47	0:11:16	<b>0:38:47</b>	1	0:02:15	26.0	0:04:30
Josh Marshall	0:06:32	0:06:32	0:26:07	0:19:35	0:38:47	0:12:40	<b>0:38:47</b>	2	0:02:11	27.6	0:05:04
Katherine Jefferis	0:06:07	0:06:07	0:26:12	0:20:05	0:40:34	0:14:22	<b>0:40:34</b>	3	0:02:02	26.9	0:05:45
Louisa Bell	0:06:43	0:06:43	0:26:38	0:19:55	0:41:30	0:14:52	<b>0:41:30</b>	4	0:02:14	27.1	0:05:57
Scott Nuthall	0:06:51	0:06:51	0:30:52	0:24:01	0:45:30	0:14:38	<b>0:45:30</b>	5	0:02:17	22.5	0:05:51
Mary Holt	0:07:59	0:07:59	0:31:29	0:23:30	0:46:22	0:14:53	<b>0:46:22</b>	6	0:02:40	23.0	0:05:57
Paul O'Meehan	0:07:47	0:07:47	0:35:15	0:27:28	0:49:27	0:14:12	<b>0:49:27</b>	7	0:02:36	19.7	0:05:41
Sophie Osburn	0:08:07	0:08:07	0:36:19	0:28:12	0:50:54	0:14:35	<b>0:50:54</b>	8	0:02:42	19.1	0:05:50
Kelly Waterhouse	0:07:45	0:07:45	0:32:34	0:24:49	0:51:25	0:18:51	<b>0:51:25</b>	9	0:02:35	21.8	0:07:32
Ashleigh Tomasetig	0:07:35	0:07:35	0:33:01	0:25:26	0:53:42	0:20:41	<b>0:53:42</b>	10	0:02:32	21.2	0:08:16
<b>Long Course</b>		<b>750</b>		<b>19</b>		<b>5</b>			<b>Per 100m</b>	<b>km/h</b>	<b>min/km</b>
Toby Kruger Le Fort	0:12:15	0:12:15	0:42:30	0:30:15	1:02:24	0:19:54	<b>1:02:24</b>	1	0:01:38	37.7	0:03:59
Jaxon Smeed	0:12:05	0:12:05	0:43:48	0:31:43	1:06:05	0:22:17	<b>1:06:05</b>	2	0:01:37	35.9	0:04:27
Richard Miller	0:12:53	0:12:53	0:46:03	0:33:10	1:06:24	0:20:21	<b>1:06:24</b>	3	0:01:43	34.4	0:04:04
Nathan Small	0:11:44	0:11:44	0:45:07	0:33:23	1:07:12	0:22:05	<b>1:07:12</b>	4	0:01:34	34.1	0:04:25
Alexander Poulton	0:13:13	0:13:13	0:46:17	0:33:04	1:09:21	0:23:04	<b>1:09:21</b>	5	0:01:46	34.5	0:04:37
Dree Cambell	0:14:43	0:14:43	0:50:57	0:36:14	1:14:05	0:23:08	<b>1:14:05</b>	6	0:01:58	31.5	0:04:38
Tammy Stone	0:17:33	0:17:33	0:53:40	0:36:07	1:19:57	0:26:17	<b>1:19:57</b>	7	0:02:20	31.6	0:05:15
Corban Fleming	0:13:20	0:13:20	0:55:01	0:41:41	1:21:34	0:26:33	<b>1:21:34</b>	8	0:01:47	27.3	0:05:19
Ken Willis	0:14:25	0:14:25	0:53:09	0:38:44	1:23:09	0:30:00	<b>1:23:09</b>	9	0:01:55	29.4	0:06:00
Team - I Have No Idea (750/19/2.5)	0:14:39	0:14:39	0:49:27	0:34:48	1:25:40	0:36:13	<b>1:25:40</b>	1	0:01:57	32.8	0:14:29