

Emu Point

14.4.2019

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
Josh Marshall	0:08:24	0:17:21	0:11:54	0:37:39	1	0:02:48	31.1	0:04:46
Jasmine Hambley	0:09:18	0:21:54	0:14:06	0:45:18	2	0:03:06	24.7	0:05:38
Kate Harris	0:09:42	0:25:00	0:14:57	0:49:39	3	0:03:14	21.6	0:05:59
Paul O'Meehan	0:10:41	0:26:00	0:15:12	0:51:53	4	0:03:34	20.8	0:06:05
Margot Byrne	0:13:29	0:30:05	0:18:56	1:02:30	5	0:04:30	18.0	0:07:34
John Byrne	0:13:28	0:30:05	0:18:57	1:02:30	6	0:04:29	18.0	0:07:35

Long Course	750	19	5			Per 100m	km/h	min/km
Toby Le Fort	0:13:38	0:29:08	0:20:04	1:02:50	1	0:01:49	39.1	0:04:01
Sam Williams	0:13:59	0:28:43	0:21:50	1:04:32	2	0:01:52	39.7	0:04:22
Nathan Small	0:13:59	0:30:41	0:20:25	1:05:05	3	0:01:52	37.2	0:04:05
Jackson Pitman	0:16:42	0:30:11	0:21:03	1:07:56	4	0:02:14	37.8	0:04:13
Jason Bresanello	0:13:40	0:32:00	0:25:06	1:10:46	5	0:01:49	35.6	0:05:01
Richard Menezies	0:20:09	0:37:44	0:28:12	1:26:05	6	0:02:41	30.2	0:05:38
Sophie Hambley	0:18:11	0:41:22	0:27:04	1:26:37	7	0:02:25	27.6	0:05:25
Lucy anderton	0:23:15	0:38:31	0:30:59	1:32:45	8	0:03:06	29.6	0:06:12
George Du Toit	0:23:41	0:44:02	0:32:10	1:39:53	9	0:03:09	25.9	0:06:26