

Duathlon									
Sun 19/7/15		2.5m		8.7m			2.5m	Min / Mile	
Name	run	Min / Mile	T1	bike	MPH	T2	run	2.5	total
Martin Jennings	00:15:16	00:06:06	00:01:00	00:26:30	19.70	00:01:02	00:16:20	00:06:32	01:00:08
Alan Bird	00:16:27	00:06:35	00:01:04	00:25:04	20.82	00:01:14	00:17:49	00:07:08	01:01:38
Paul Griffin	00:15:58	00:06:23	00:00:57	00:27:59	18.65	00:00:46	00:16:31	00:06:36	01:02:11
Colin Simpson	00:16:24	00:06:34	00:01:17	00:27:02	19.31	00:01:05	00:17:25	00:06:58	01:03:13
Tony Moore	00:16:17	00:06:31	00:00:49	00:30:22	17.19	00:00:43	00:16:20	00:06:32	01:04:31
Dan Carrington	00:16:46	00:06:42	00:00:47	00:29:46	17.54	00:00:51	00:20:19	00:08:08	01:08:29
Andre Pittock	00:15:25	00:06:10	00:01:06	00:32:27	16.09	00:01:16	00:19:12	00:07:41	01:09:26
Jay Gilbert	00:17:52	00:07:09	00:00:52	00:32:33	16.04	00:00:58	00:18:54	00:07:34	01:10:58
Maire Irlam	00:16:56	00:06:46	00:01:34	00:34:11	15.27	00:01:11	00:17:44	00:07:06	01:11:36
Paskey Ruggiero	00:20:33	00:08:13	00:01:39	00:27:44	18.82	00:01:18	00:20:49	00:08:20	01:12:03
Max Pearson	00:17:58	00:07:11	00:00:50	00:34:23	15.18	00:00:50	00:18:13	00:07:17	01:12:14
Roger Williams	00:20:16	00:08:06	00:01:40	00:30:51	16.92	00:01:26	00:22:05	00:08:50	01:16:18
Tracy Farr	00:21:49	00:08:44	00:01:06	00:30:21	17.20	00:01:57	00:21:39	00:08:40	01:16:52
Julie Garner	00:21:23	00:08:33	00:00:53	00:32:48	15.91	00:00:47	00:21:59	00:08:48	01:18:01
Neil Bailey	00:21:27	00:08:35	00:01:42	00:29:30	17.69	00:01:55	00:23:23	00:09:21	01:17:57
Sharon Bird	00:23:30	00:09:24	00:01:49	00:36:24	14.34	00:01:31	00:24:23	00:09:45	01:27:37
Denise Griffin	00:23:30	00:09:24	00:01:46	00:36:31	14.29	00:01:28	00:24:23	00:09:45	01:27:38
TEAMS									
Sean Connoly/Carl	00:14:30	00:05:48	00:00:56	00:28:16	18.47	00:00:44	00:14:49	00:05:56	00:59:15
Ellen Drew/Becky	00:16:38	00:06:39	00:00:58	00:25:54	20.15	00:00:57	00:17:36	00:07:02	01:02:03
Nicky Jennings/Sue George	00:16:48	00:06:43	00:00:51	00:26:12	19.92	00:00:48	00:17:51	00:07:08	01:02:30
Sam Lydiatt/Jack	00:18:50	00:07:32	00:00:39	00:25:27	20.51	00:00:45	00:18:48	00:07:31	01:04:29