

Members Duathlon Series - Sunday 22nd March 2015

Race 4 Results

Position	Race Number	Forename	Surname	Category	Position in Category	Run 1	T1	Bike	T2	Run 2	Overall	Triathlon Club
1	30	Donal	Mulligan	M	1	00:11:12	00:00:13	00:24:16	00:00:25	00:06:41	00:42:47	Longford TC
2	16	Ciaran	Madden	M (Junior)	2	00:12:35	00:00:43	00:25:17	00:00:24	00:07:20	00:46:19	Longford TC
3	195	Niall	Nolan	M	3	00:13:26	00:00:29	00:24:52	00:00:20	00:09:04	00:48:11	Longford TC
4	83	Pauric	Cullen	M	4	00:13:04	00:00:43	00:26:34	00:00:29	00:08:00	00:48:50	Longford TC
5	193	Sean	Crossan	M	5	00:12:40	00:00:30	00:27:49	00:00:16	00:08:03	00:49:18	Longford TC
6	63	Maria	Oloughlin	F	1	00:12:47	00:00:32	00:29:15	00:00:23	00:07:39	00:50:36	Longford TC
7	97	Sinead	Nolan	F	2	00:13:17	00:00:49	00:28:14	00:00:31	00:07:55	00:50:46	Longford TC
8	8	Ben	Doyle	M (Junior)	6	00:13:02	00:00:40	00:29:53	00:00:23	00:08:05	00:52:03	Longford TC
9	11	Brían	Crossan	M	7	00:15:11	00:00:36	00:27:21	00:00:30	00:08:55	00:52:33	Longford TC
10	194	Roisin	Donohoe	F	3	00:15:40	00:00:44	00:26:26	00:00:37	00:09:22	00:52:49	Longford TC
11	190	Conor	Raleigh	M	8	00:15:04	00:00:32	00:32:52	00:00:39	00:08:32	00:57:39	Longford TC
12	189	Christine	Barry	F	4	00:15:47	00:00:56	00:30:04	00:00:39	00:10:22	00:57:48	Longford TC
13	188	Sarah	Denniston	F	5	00:15:47	00:01:00	00:32:51	00:00:37	00:09:17	00:59:32	Longford TC
14	191	Angela	Crossan	F	6	00:15:23	00:00:33	00:35:20	00:00:34	00:09:26	01:01:16	Longford TC
15	192	Michael	Joyce	M	9	00:17:56	00:01:10	00:30:53	00:00:44	00:12:09	01:02:52	Longford TC