

## Longford Triathlon Club Super Sprint 2016

Position	First Name	Surname	Category	Swim	T1	Bike	T2	Run	Finish
1	Ben	Doyle	Male	0:09:14	0:00:38	0:26:05	0:00:14	0:15:02	0:51:13
2	Juraj	Karcak	Male	0:10:26	0:01:00	0:25:11	0:00:23	0:14:39	0:51:39
3	Colin	Beades	Male	0:09:22	0:00:55	0:25:48	0:00:21	0:15:53	0:52:19
4	Pauric	Cullen	Male	0:10:15	0:01:05	0:25:01	0:00:34	0:17:15	0:54:10
5		Wallace / Barry	Relay	0:09:24	0:00:44	0:27:03	0:00:23	0:16:20	0:53:54
6	Brian	Crossan	Male	0:09:31	0:00:44	0:25:34	0:00:36	0:19:11	0:55:36
7	Jerome	Tully	Male	0:10:31	0:00:48	0:26:06	0:00:35	0:19:01	0:57:01
8		Bannon / Doyle	Relay	0:10:27	0:00:27	0:28:41	0:00:45	0:20:47	1:01:07
9	Padraic	McWeeney	Male	0:10:18	0:02:21	0:29:20	0:00:21	0:19:19	1:01:39
10	Shona	Matthews	Female	0:10:42	0:01:59	0:29:10	0:00:42	0:19:40	1:02:13
11		Walsh / Crossan	Relay	0:10:14	0:00:28	0:27:48	0:00:35	0:23:58	1:03:03
12	Sinead	Phelan	Female	0:15:35	0:01:15	0:30:05	0:00:41	0:16:30	1:04:06
13	Paul	Treacy	Male	0:13:22	0:01:35	0:30:16	0:00:51	0:20:16	1:06:20
14	Angela	Crossan	Female	0:13:32	0:01:33	0:34:03	0:00:25	0:19:16	1:08:49
15	Margaret	Glacken	Female	0:10:40	0:02:46	0:34:23	0:00:31	0:22:42	1:11:02
16	Erin	O'Brien	Female	0:15:40	0:02:14	0:32:11	0:00:35	0:20:26	1:11:06