Duathlon 13th March 2016

Race 1 Results

Position	Race Number	Forename	Surname	Gender	Position in Gender	Run 1	T1	Bike	T2	Run 2	Overall	Triathlon Club
1	150	Leo/Martin	Temple/Lyons	Relay	1	00:11:29	00:00:10	00:20:52	00:00:17	00:06:53	00:39:41	Longford TC
2	148	David	Sheridan	M	1	00:11:52	00:00:13	00:22:52	00:00:23	00:07:08	00:42:03	Longford TC
3	167	Mark	Kenny	M	2	00:11:36	00:00:28	00:24:32	00:00:28	00:06:54	00:43:58	Lanesboro
4	164	Mike	Mullen	M	3	00:12:35	00:00:20	00:23:07	00:00:25	00:07:41	00:44:08	Longford TC
5	170	Ollie	Kelly	M	4	00:12:26	00:00:20	00:24:07	00:00:26	00:07:25	00:44:44	Longford TC
6	168	Sean	Farrell	M	5	00:12:18	00:00:23	00:24:30	00:00:25	00:07:17	00:44:53	Lanesboro
7	130	Mark	Sheridan	M	6	00:12:37	00:00:20	00:25:07	00:00:25	00:07:40	00:46:09	Longford TC
8	172	Juraj	Karcak	M	7	00:12:20	00:00:32	00:26:46	00:00:30	00:07:08	00:47:16	Longford TC
9	153	Ciaran	Madden	M	8	00:12:53	00:00:25	00:26:23	00:00:23	00:08:35	00:48:39	Longford TC
10	154	Conor	Raleigh	M	9	00:12:44	00:00:23	00:27:35	00:00:30	00:07:34	00:48:56	Longford TC
11	165	Pauric	Cullen	M	10	00:13:44	00:00:30	00:26:20	00:00:38	00:08:30	00:49:42	Longford TC
12	151	Francis	O Brien	M	11	00:13:47	00:00:28	00:27:19	00:00:32	00:08:24	00:50:30	Longford TC
13	156	Mark	Mimnagh	M	12	00:14:04	00:00:38	00:27:49	00:00:34	00:07:47	00:50:52	Lanesboro
14	169	Brian	Crossan	M	13	00:14:58	00:00:37	00:26:05	00:00:56	00:08:51	00:51:27	Longford TC
15	145	Seamus	Murtagh	M	14	00:13:46	00:00:59	00:27:42	00:01:10	00:08:03	00:51:40	Longford TC
16	146	Colin	Beades	M	15	00:12:28	00:00:53	00:29:39	00:00:54	00:07:51	00:51:45	Longford TC
17	149	David	Tiernan	M	16	00:13:16	00:00:28	00:30:13	00:00:21	00:08:32	00:52:50	Longford TC
18	158	Brian	Farrell	M	17	00:13:36	00:00:44	00:29:58	00:00:45	00:08:19	00:53:22	Lanesboro
19	147	Enda	Coffey	M	18	00:13:27	00:00:40	00:30:45	00:00:33	00:08:08	00:53:33	longford TC
20	152	Donal	Hogan	M	19	00:14:04	00:01:01	00:30:48	00:00:52	00:08:47	00:55:32	Lanesboro
21	160	Neill	McCondiche	M	20	00:15:51	00:00:30	00:29:07	00:00:42	00:09:27	00:55:37	longford TC
22	161	Sean	McDermott	M	21	00:16:41	00:00:17	00:31:35	00:00:59	00:07:45	00:57:17	Lanesboro
23	171	Tim	Shea	M	22	00:16:15	00:01:04	00:32:35	00:01:19	00:08:18	00:59:21	longford TC
24	111	Padraig	Murphy	M	23	00:15:52	00:00:53	00:34:13	00:01:05	00:09:19	01:01:22	longford TC
25	159	George	Hoey	M	24	00:16:16	00:00:55	00:34:11	00:00:43	00:09:18	01:01:23	longford TC
26	166	Ailish	Smyth	F	1	00:16:50	00:00:28	00:32:51	00:00:26	00:11:08	01:01:33	Lanesboro
27	126	Bill	Doherty	M	25	00:16:51	00:00:55	00:32:03	00:01:04	00:10:41	01:01:34	Longford TC
28	155	Anne	Hynes	F	2	00:17:13	00:00:35	00:33:20	00:00:46	00:10:11	01:02:05	Lanesboro
29	157	Fidelma	Brennan	F	3	00:16:34	00:00:52	00:36:19	00:00:36	00:09:11	01:03:32	Lanesboro
30	162	Kristian	Hanley	M	26	00:16:14	00:00:49	00:38:18	00:00:26	00:09:18	01:05:05	Lanesboro
31	163	Sinead	Hanley	F	4	00:18:14	00:00:28	00:34:54	00:00:42	00:12:15	01:06:33	Lanesboro