

LTC Duathlon Series - Sunday 12th March 2017

Duathlon 1 Results

Position	Race Number	Forename	Surname	Category	Position in Category	Run 1	T1	Bike	T2	Run 2	Overall	Triathlon Club
1	194	Conor	Raleigh	Male	1	00:12:43	00:00:24	00:26:53	00:00:16	00:07:31	00:47:47	Longford Tri
2	195	Colin	Beades	Male	2	00:12:54	00:00:42	00:28:16	00:00:25	00:07:22	00:49:39	Longford Tri
3	189	Anthony	Gillen	Male	3	00:13:12	00:00:50	00:28:32	00:00:40	00:07:31	00:50:45	Lanesboro Tri
4	197	Sinead	Nolan	Female	1	00:14:03	00:00:41	00:28:36	00:00:28	00:08:18	00:52:06	Longford Tri
5	187	Francis	O'Brien	Male	4	00:14:33	00:00:24	00:27:49	00:00:24	00:09:00	00:52:10	Longford Tri
6	196	Enda	Coffey	Male	5	00:13:22	00:00:36	00:30:09	00:00:31	00:07:57	00:52:35	Longford Tri
7	184	Seamus	Murtagh	Male	6	00:13:44	00:00:54	00:29:12	00:00:48	00:08:27	00:53:05	Longford Tri
8	182	Brian	Crossan	Male	7	00:15:49	00:00:40	00:27:08	00:00:31	00:09:47	00:53:55	Longford Tri
9	185	Charles	Barone	Male	8	00:14:52	00:00:50	00:30:06	00:00:35	00:09:12	00:55:35	Longford Tri
10	186	Brian	Flynn	Male	9	00:16:08	00:00:45	00:29:39	00:00:36	00:09:37	00:56:45	Longford Tri
11	193	Sarah	O'Neill	Female	2	00:15:35	00:00:47	00:30:48	00:00:22	00:09:35	00:57:07	Longford Tri
12	188	Sarah Jane	Carr	Female	3	00:15:27	00:00:49	00:31:39	00:00:28	00:09:14	00:57:37	Longford Tri
13	183	Michael	Casey	Male	10	00:14:43	00:00:40	00:34:01	00:00:27	00:08:51	00:58:42	Longford Tri
14	190	Joe	McLoughlin	Male	11	00:16:22	00:02:08	00:29:53	00:01:05	00:10:02	00:59:30	Longford Tri
15	200	Ian	Donoghue	Male	12	00:16:06	00:00:41	00:33:50	00:01:23	00:08:22	01:00:22	Longford AC
16	192	Raymond	Smith	Male	13	00:16:04	00:00:40	00:32:42	00:00:30	00:11:06	01:01:02	Longford Tri
17	198	Michelle	Bannon	Female	4	00:16:30	00:00:53	00:34:11	00:01:00	00:10:33	01:03:07	Longford Tri
18	199	Fidelma	Brennan	Female	5	00:18:30	00:00:49	00:37:08	00:00:35	00:10:28	01:07:30	Lanesboro Tri
19	191	Colm	McGarvey	Male	14	00:14:18	00:01:09	00:48:23	00:00:10	00:07:10	01:11:10	Lanesboro Tri

**TARMONATOR
TRIATHLON**

**LONGFORD
TRIATHLON CLUB**

JUNE 11TH 2017

CLICK FOR DETAILS