

Loughgall Duathlon

24-Mar-13

4K Run - 12k Bike - 2k Run

Place	BIB	Race Name	Run 1	Trans 1	Bike	Trans 2	Run 2	Total
1	9	AARON PARKS	16:26.8	00:32.1	27:43.0	00:14.8	09:40.1	0:54:37
2	33	ANDREW BURNS	16:41.8	00:28.7	27:30.6	00:26.7	09:54.3	0:55:02
3	2	PHILIP CASTLES	17:30.5	00:19.2	26:53.4	00:14.1	10:20.8	0:55:18
4	44	PHILIP MC DONALD	18:47.5	00:43.5	29:45.1	00:36.3	10:30.6	1:00:23
5	32	MATT ARMSTRONG	20:29.0	00:44.8	29:18.8	00:25.4	11:12.2	1:02:10
6	35	BEN SCOTT	19:28.8	00:13.6	30:34.2	00:15.3	11:41.6	1:02:14
7	20	MARK SAN	19:15.4	00:31.7	31:18.3	00:15.0	11:27.1	1:02:48
8	17	DAVID STRETTON	19:51.9	00:16.4	30:52.7	00:12.7	11:48.9	1:03:03
9	28	COLIN MCDOWELL	18:49.6	00:45.5	32:06.4	01:02.0	11:31.4	1:04:15
10	23	STEPHAN MCCONAGHY	19:48.3	00:33.3	31:45.4	00:27.2	11:44.4	1:04:19
11	13	ADRIAN WOOLSEY	19:30.4	00:57.7	32:25.0	00:34.6	11:34.9	1:05:03
12	19	KIETH KIRKLAND	20:33.7	00:20.4	31:38.3	00:09.5	12:32.2	1:05:14
13	25	MAERTIN MCCONAGHY	19:16.8	00:34.6	33:46.6	00:20.3	11:19.2	1:05:17
14	10	RICHARD PATTERSON	20:34.1	00:31.2	32:14.5	00:21.7	12:23.7	1:06:05
15	21	JONATHAN WADDELL	19:23.0	00:32.7	34:37.1	00:15.1	11:38.4	1:06:26
16	38	CAIRAN CAMPBELL	19:55.7	01:10.9	33:25.2	00:15.1	11:40.6	1:06:27
17	30	RICHARD NESBIT	19:51.5	00:16.3	34:31.3	00:11.7	11:58.3	1:06:49
18	40	JAMIE CORNETT	22:41.6	00:53.6	29:42.4	00:30.6	13:05.9	1:06:54
19	24	SEAMUS CASEY	20:33.0	00:54.3	33:14.0	00:45.1	11:46.9	1:07:13
20	6	CHRIS O'CARROLL	20:48.2	00:43.4	32:31.8	00:30.6	12:46.1	1:07:20
21	11	NIALL STEWART	20:35.2	00:49.0	33:30.3	00:34.4	12:40.3	1:08:09
22	37	JOHN SWAIL	19:54.8	00:36.6	35:06.0	00:25.2	12:20.9	1:08:23
23	43	TREVOR WOOD	21:46.1	01:40.0	32:08.9	01:10.2	11:44.8	1:08:30
24	29	S GORMAN	21:36.2	01:00.6	33:33.0	00:24.9	12:57.3	1:09:32
25	39	LAUREN MCCAFFERY	19:49.5	00:44.4	37:04.0	00:22.2	11:57.4	1:09:57
26	22	CATHAL MONE	21:08.7	00:29.4	35:47.3	00:20.0	13:00.8	1:10:46
27	5	JOHN MCDERMOTT	22:18.2	00:52.1	33:13.6	00:53.4	14:03.6	1:11:21
28	1	PIPPA BEST	20:43.4	00:32.3	39:15.1	00:27.7	12:29.1	1:13:27

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4K Run - 12k Bike - 2k Run

Place	BIB	Race Name	Run 1	Trans 1	Bike	Trans 2	Run 2	Total
29	8	DERMOT O'HANLON	22:50.2	01:19.0	35:47.8	01:07.9	14:04.8	1:15:10
30	4	EAMON MALLON	21:25.1	00:24.0	40:14.2	00:15.7	13:12.0	1:15:31
31	7	SHANE O'HANLON	23:23.3	00:43.8	37:01.9	00:30.3	16:03.4	1:17:43
32	27	ALFIE DONNELLY	22:42.8	01:13.2	41:15.2	01:14.2	13:30.9	1:19:56
33	12	DAVID VENNARD	23:14.5	01:14.2	38:22.3	01:05.7	16:21.0	1:20:18
34	46	COLUM DORNAN	24:07.9	00:49.8	41:35.9	00:38.9	13:17.0	1:20:29
35	16	STEVEN WEIR	26:17.9	00:26.3	39:11.9	00:18.7	14:42.3	1:20:57
36	36	LAWRENCE LAVERY	25:13.5	00:46.1	39:16.6	00:32.3	15:11.2	1:21:00
37	31	CAYMAN HARDY	23:17.7	01:18.1	40:45.3	00:45.9	15:17.8	1:21:25
38	41	EIMEAR ORIELLY	23:22.4	00:39.5	41:55.8	00:34.9	15:27.2	1:22:00
39	26	SIMON REARDON	25:11.9	00:48.7	42:37.8	00:28.9	16:08.6	1:25:16
40	3	DARREN LINTON	25:03.1	01:44.9	45:07.4	00:47.5	15:36.2	1:28:19
41	42	ADRIAN MORROW	24:31.8	00:45.7	41:30.3	00:33.5	DNF	
42	45	JOHN JAMES	23:08.6	01:11.5	DNF			
43	15	Club VO2	DNS					