

TotalRank	Bib	Name	Sex	RUN 1	TRANS1	CYCLE	TRANS2	RUN2	Total
Individual									
1	110	Philip Smith	m	10:09	0:32	35:08	0:30	9:58	0:56:17
2	118	Niall Smith	m	10:13	0:45	34:48	0:35	9:57	0:56:17
3	143	Gregory Murphy	m	10:26	0:49	37:47	0:42	9:47	0:59:32
4	141	Colum Caughey	m	10:55	0:48	37:24	0:38	10:24	1:00:09
5	146	Glen Mccleery	m	10:51	0:59	37:19	0:46	10:49	1:00:44
6	148	Adrian Malanaphy	m	12:26	0:56	36:17	0:52	13:09	1:03:40
7	237	Barry Shannon	m	10:46	0:35	40:53	0:32	11:08	1:03:55
8	145	Michael Hall	m	12:31	1:23	37:25	1:20	12:42	1:05:21
9	112	Olivia Shuillecbhain	w	11:26	0:46	41:36	0:38	11:26	1:05:51
10	130	Ben Power	m	11:27	1:03	40:49	0:56	11:53	1:06:09
11	117	Sean Curran	m	10:59	0:45	42:08	1:00	11:22	1:06:15
12	138	Shane Mcmillar	m	11:02	0:39	43:02	0:33	11:04	1:06:20
13	195	Paul Naughton	m	12:18	1:06	40:11	1:16	11:54	1:06:46
14	188	Fergus Crilly Mcentee	m	11:42	1:16	40:06	1:08	12:39	1:06:50
15	192	Pauric Cullen	m	12:20	1:16	40:10	1:10	12:09	1:07:05
16	106	Gabriel Mchugh	m	12:33	0:40	40:29	0:35	12:54	1:07:10
17	234	Ciaran Mccaffrey	m	12:30	0:50	41:46	0:31	11:49	1:07:25
18	240	Philip Tackney	m	13:07	0:57	38:46	1:11	13:31	1:07:31
19	109	Tracy Brady	w	11:49	0:52	42:33	0:55	11:51	1:08:01
20	129	Adrian Power	m	13:09	0:45	41:00	0:51	12:26	1:08:11
21	191	Padraic Leddy	m	11:33	0:42	43:56	0:48	11:23	1:08:22
22	144	Damien Lee	m	12:19	0:52	43:25	0:32	11:17	1:08:26
23	189	John Mchugh	m	12:09	1:06	41:43	1:10	12:22	1:08:30
24	115	Frank Hughes	m	13:10	1:01	40:43	0:50	13:42	1:09:27
25	199	Keith Woods	m	12:05	0:55	42:17	0:46	13:42	1:09:44
26	235	Eddie Sherry	m	12:34	1:12	44:17	1:08	11:53	1:11:04
27	140	Ron Handy	m	12:23	0:51	44:39	1:21	12:47	1:12:01
28	149	Ciaran Mcnanus	m	12:28	0:48	45:52	0:45	12:22	1:12:15
29	150	Ciaran Fitzpatrick	m	12:28	0:53	47:10	0:38	11:11	1:12:20
30	196	Karen Smith	w	13:07	1:19	45:09	0:49	12:48	1:13:11
31	104	Oisin Connolly	m	12:37	0:57	46:52	1:05	11:46	1:13:16
32	135	Tony Malanphy	m	13:47	1:11	43:03	0:58	14:53	1:13:52
33	190	Neil Mcmanus	m	13:43	1:23	44:16	1:21	13:08	1:13:52
34	113	Clive Fitzparick	m	12:36	1:36	45:51	0:57	13:04	1:14:05
35	105	Tadhg Connolly	m	13:45	0:57	45:42	1:06	13:13	1:14:43
36	229	Killian Fee	m	16:35	1:03	40:41	1:08	15:24	1:14:50
37	232	Zoe Fee	w	16:42		42:45		15:24	1:14:50

TotalRank	Bib	Name	Sex	RUN 1	TRANS1	CYCLE	TRANS2	RUN2	Total
38	187	Chris Audley	m	12:39	0:47	48:58	0:35	12:13	1:15:11
39	107	Damian Owen	m	13:27	2:12	44:14	2:01	13:48	1:15:42
40	119	Damien Coleman	m	14:13	0:48	44:04	0:56	15:59	1:15:59
41	193	Glenda Eagleson	w	13:14	1:03	48:18	1:01	13:11	1:16:47
42	114	Brian Sammon	m	13:43	1:08	47:09	0:45	14:08	1:16:53
43	236	Brendan Mckogh	m	13:42	0:53	44:59	1:10	16:57	1:17:41
44	227	Pauline Coleman	w	13:37	1:15	49:06	1:02	12:51	1:17:51
45	264	Eithne White	w	14:11	1:37	44:57	2:16	15:01	1:18:02
46	139	Owen Philip	m	14:03	1:57	46:51	1:29	14:03	1:18:22
47	198	Sarah Marsh	w	14:37	1:19	46:10	1:21	15:02	1:18:29
48	194	Jenny Parkes	w	14:58	0:52	48:25	0:36	14:36	1:19:26
49	225	Cheryl Ballantine	w	14:12	1:03	49:20	0:48	14:16	1:19:39
50	223	Sylvia Paul	w	14:29	1:14	50:20	1:07	14:26	1:21:36
51	116	Brenda Shannon	w	14:26	0:48	51:27	0:34	15:18	1:22:32
52	142	Polly Lyons	w	14:29	1:59	52:34	1:53	14:03	1:24:58
53	108	Louise Mcmanus	w	14:40	1:18	53:20	2:02	15:13	1:26:34
54	238	Sandra Mcintyre	w	16:24	0:58	59:39	0:43	11:18	1:29:01
55	258	Sean Mckeon	m	13:37	2:54	58:23	0:54	13:22	1:29:10
56	111	Dave Swann	m	16:06	1:28	58:04	1:02	16:10	1:32:50
57	147	Gavin Brennan	m	15:51	1:14	58:27	1:11	17:16	1:34:00
58	124	Geri Kells	w	17:38	1:21	56:39	1:30	17:43	1:34:51
59	249	Ann Cosgrove	w	16:11	1:12	1:01:21	1:17		1:20:02
60	239	Joanne Martin	w	14:19	0:53	52:01		14:09	1:21:22
61	137	Liam Mckiernan	m	17:40	1:34	55:28			1:14:41
62	99	Aoife Ward	w	20:52					0:20:52

TEAM

1		Krzystof Gorczynski / Andy Leung	m	0:12:16	0:00:26	0:40:55	0:00:50	0:11:25	1:05:53
2		Gareth Mallandry / Patrick Malanaphy	m	0:12:40	0:00:37	0:46:04	0:01:01	0:10:50	1:11:12
3		Siobhan Mcnamee / Jennifer Wilson	w	0:15:33	0:00:34	0:51:56	0:01:02	0:14:36	1:23:41
4		Josh Magee / Joanne Breen	b	0:20:51	0:00:37	1:06:14	0:01:05	0:20:51	1:49:39
5		Adam Magee / Teresa Maguire	b	0:20:50	0:00:43	1:06:10	0:01:13	0:22:56	1:51:52
6	98	Niall Ward	m	11:29:17	10:04:31	10:19:02			