

Tinahely Duathlon
5K Run - 20K Bike - 3K Run
06-May-13

Rank	Bib	Tag	Name	Run 1	Trans 1	Bike	Run 2	Trans 2	Total
1	159	259	CATHAL O' DONOVAN	0:16:56	0:00:22	0:35:41	0:00:16	0:10:14	1:03:29
2	136	236	ADAM KELLY	0:18:47	0:00:20	0:32:31	0:00:24	0:11:53	1:03:54
3	189	289	MATT COUGHLAN	0:18:47	0:00:26	0:33:56	0:00:24	0:11:16	1:04:49
4	144	244	GRAEME STEIN	0:19:17	0:00:23	0:33:13	0:00:19	0:12:00	1:05:12
5	186	286	MICK KAVANAGH	0:17:48	0:00:20	0:36:33	0:00:17	0:11:14	1:06:11
6	126	226	LIAM WILLIAMS	0:19:06	0:00:19	0:35:05	0:00:24	0:11:38	1:06:32
7	177	277	ALEXANDER WILLIAMS	0:20:23	0:00:35	0:33:47	0:00:30	0:11:29	1:06:44
8	117	217	BRENDAN BUCK	0:19:14	0:00:33	0:34:44	0:00:28	0:12:24	1:07:23
9	128	228	JOHN GAHAN	0:19:55	0:00:25	0:34:47	0:00:27	0:12:57	1:08:31
10	120	220	FERGUS O'TOOLE	0:19:15	0:00:27	0:36:51	0:00:18	0:12:19	1:09:11
11	112	212	MARTIN O'CONNOR	0:21:10	0:00:35	0:34:10	0:00:30	0:13:20	1:09:45
12	105	205	PADRAIG MORIARTY						1:09:46
13	182	282	STEPHEN PERRY	0:20:22	0:00:22	0:36:50	0:00:14	0:12:00	1:09:48
14	118	218	PAUL TIERNEY	0:18:36	0:00:35	0:39:00	0:00:29	0:11:23	1:10:04
15	125	225	TAMARA MAXANTOVA	0:20:46	0:00:21	0:36:23	0:00:21	0:12:27	1:10:20
16	185	285	MARK BUTLER	0:19:46	0:00:38	0:36:26	0:00:44	0:12:45	1:10:20
17	130	230	JOHN MONAGHAN	0:19:59	0:00:40	0:37:09	0:00:26	0:12:06	1:10:21
18	151	251	MARK LACEY	0:20:01	0:00:33	0:36:39	0:00:30	0:12:44	1:10:28
19	114	214	CIARAN MULCAHY	0:19:43	0:00:33	0:36:38	0:00:40	0:13:00	1:10:35
20	131	231	RUNNER 131	0:21:00	0:00:25	0:36:08	0:00:25	0:13:09	1:11:07
21	148	248	DAVID HANLON	0:20:20	0:00:31	0:38:31	0:00:26	0:12:25	1:12:13
22	127	227	PAUL JOYCE	0:20:54	0:00:32	0:38:28	0:00:22	0:13:49	1:14:04
23	197	297	RUNNER 197	0:21:05	0:00:25	0:37:42	0:00:32	0:14:35	1:14:19
24	141	241	RONAN SHORT						1:14:29
25	152	252	ANTHONY GAHAN	0:21:11	0:00:47	0:37:29	0:00:36	0:14:34	1:14:38
26	188	288	STEPHEN BURKE	0:21:02	0:00:40	0:39:29	0:00:37	0:12:56	1:14:43
27	101	201	PAUL KELLY	0:19:55	0:00:42	0:41:22	0:01:13	0:11:35	1:14:48

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28	140	240	NIAMH STEIN	0:21:12	0:00:26	0:40:30	0:00:25	0:12:33	1:15:05
29	194	294	BARRY TIMMINS	0:21:23	0:01:42	0:38:30	0:01:11	0:12:44	1:15:30
30	155	255	RAY CAULFIELD	0:21:04	0:00:34	0:40:10	0:00:32	0:13:16	1:15:36
31	191	291	JOHN FALLON	0:21:11	0:00:46	0:40:04	0:00:48	0:12:52	1:15:41
32	174	274	SARAH CORCORAN	0:21:47	0:00:33	0:39:36	0:00:31	0:13:21	1:15:48
33	169	269	WAYNE BYRNE	0:22:17	0:00:40	0:38:50	0:00:35	0:13:32	1:15:54
34	116	216	KARL SMYTH						1:16:11
35	106	206	FIONA GOOR	0:22:04	0:00:30	0:39:58	0:00:31	0:13:21	1:16:24
36	147	247	PETER MULHALL	0:21:04	0:00:23	0:41:03	0:00:18	0:13:48	1:16:36
37	115	215	STUART CRINNION	0:20:34	0:00:45	0:42:27	0:00:34	0:13:35	1:17:56
38	107	207	NIALL JAMESON	0:21:02	0:00:42	0:41:59	0:00:36	0:13:39	1:17:59
39	123	223	PATRICK BYRNE	0:22:01	0:00:45	0:41:02	0:00:37	0:13:40	1:18:05
40	173	273	EAMON MACFHIONNLAOICH	0:23:06	0:00:35	0:40:13	0:00:34	0:14:20	1:18:48
41	143	243	DAVID BLAKE	0:21:49	0:00:49	0:42:06	0:00:41	0:13:56	1:19:21
42	160	260	LAURENCE OTOOLE	0:23:06	0:00:36	0:40:50	0:00:30	0:14:45	1:19:47
43	193	293	RORY STOKES	0:22:21	0:00:45	0:41:32	0:00:40	0:15:00	1:20:18
44	184	284	JOHNNY O'TOOLE	0:22:55	0:00:51	0:41:34	0:00:38	0:14:25	1:20:23
45	145	245	NIGEL O TOOLE	0:22:53	0:00:57	0:40:55	0:00:43	0:15:17	1:20:45
46	170	270	ALAN BYRNE	0:20:17	0:00:43	0:45:30	0:00:35	0:13:52	1:20:58
47	157	257	TONY BRENNAN	0:21:46	0:01:12	0:44:26	0:00:43	0:13:37	1:21:44
48	181	281	JOHN DEEGAN	0:26:08	0:00:43	0:39:10	0:00:37	0:15:21	1:21:59
49	138	238	EDWARD WALKER	0:22:54	0:00:27	0:44:25	0:00:17	0:14:30	1:22:32
50	167	267	JIMMY MULHALL	0:21:57	0:01:06	0:43:51	0:00:58	0:15:05	1:22:58
51	183	283	DAVID TOOLE	0:23:09	0:00:34	0:45:02	0:00:34	0:13:42	1:23:00
52	180	280	NOEL KAVANAGH SNR	0:23:45	0:00:28	0:44:01	0:00:22	0:14:37	1:23:13
53	196	296	RONAN HEDDERMAN	0:22:51	0:00:35	0:44:55	0:00:29	0:14:38	1:23:28
54	172	272	MARTIN O'BRIEN	0:24:48	0:00:47	0:41:36	0:00:45	0:15:35	1:23:31

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55	124	224	TOM HEVEY	0:24:13	0:00:45	0:42:24	0:00:52	0:15:47	1:24:02
56	178	278	LIAM CLEERE	0:23:53	0:00:52	0:44:23	0:00:50	0:14:57	1:24:54
57	142	242	IAN BRENNAN	0:22:12	0:00:38	0:46:59	0:00:30	0:14:49	1:25:08
58	137	237	BARRY O' MAHONEY	0:24:50	0:00:35	0:42:51	0:00:40	0:16:15	1:25:10
59	190	290	KEVIN MORAN	0:24:14	0:01:26	0:44:10	0:00:50	0:14:43	1:25:23
60	163	263	MARTINA COLVILLE	0:24:08	0:00:31	0:45:14	0:00:35	0:15:29	1:25:57
61	168	268	DES HILL	0:23:46	0:00:46	0:45:50	0:00:40	0:15:31	1:26:33
62	146	246	LISA CONVEY	0:23:07	0:01:09	0:46:43	0:01:06	0:14:28	1:26:33
63	132	232	JENNIFER KENNY TOMMY REDMOND	0:26:20	0:00:25	0:43:59	0:00:24	0:15:40	1:26:48
64	192	292	PETER BRENNAN	0:23:59	0:00:43	0:46:18	0:00:33	0:15:18	1:26:51
65	103	203	PAUL CULLEN	0:22:28	0:00:21	0:49:18	0:00:22	0:14:25	1:26:53
66	134	234	JAMES KEOGH	0:23:49	0:00:21	0:47:03	0:00:17	0:15:27	1:26:57
67	119	219	PATRICK MCTERNAN	0:25:00	0:00:30	0:45:28	0:00:24	0:15:47	1:27:09
68	149	249	SEAN NOLAN	0:26:17	0:00:56	0:42:17	0:00:54	0:16:56	1:27:19
69	176	276	JAMES MULHALL	0:24:45	0:00:46	0:46:22	0:00:38	0:15:44	1:28:15
70	102	202	JONATHAN RYAN	0:24:48	0:00:40	0:47:29	0:00:25	0:15:18	1:28:40
71	153	253	YVETTE DEACON	0:26:15	0:00:39	0:44:57	0:00:36	0:16:17	1:28:44
72	135	235	SEAMUS BRENNAN	0:24:44	0:00:49	0:47:22	0:00:30	0:15:42	1:29:07
73	171	271	FINIAN FRIEL	0:24:49	0:00:48	0:45:40	0:01:38	0:16:27	1:29:22
74	111	211	RUNNER 111	0:25:14	0:00:28	0:47:04	0:00:25	0:16:30	1:29:42
75	109	209	ANNA GAHAN	0:28:43	0:00:56	0:42:25	0:00:29	0:17:21	1:29:55
76	113	213	CAROLINE P DUNNE	0:22:14	0:00:22	0:50:37	0:00:49	0:16:25	1:30:27
77	129	229	JOHN MULLEN	0:26:17	0:00:30	0:48:20	0:00:36	0:14:56	1:30:39
78	150	250	LISA HATTON	0:31:33	0:00:32	0:39:58	0:00:30	0:18:18	1:30:51
79	198	298	COLM NOLAN	0:24:12	0:00:32	0:49:03	0:00:31	0:16:54	1:31:12
80	110	210	MARY TALLON	0:25:12	0:00:53	0:47:21	0:00:39	0:17:12	1:31:17
81	133	233	ANNEMARIE GILICK DARREN DUNNE	0:27:32	0:00:31	0:46:34	0:00:27	0:16:36	1:31:40

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82	187	287	PAUL BRENNAN	0:27:43	0:01:12	0:45:10	0:00:49	0:17:41	1:32:35
83	165	265	MARTIN O ROURKE	0:26:22	0:00:29	0:49:14	0:00:26	0:17:03	1:33:33
84	164	264	CATHERINE O ROURKE	0:26:22	0:00:24	0:49:16	0:00:25	0:17:06	1:33:34
85	179	279	DANIELLE DORAN	0:26:24	0:00:37	0:49:39	0:00:56	0:16:14	1:33:51
86	156	256	DESMOND TEAHAN	0:26:24	0:00:36	0:52:56	0:00:30	0:16:55	1:37:20
87	121	221	SHANE ROONEY	0:29:04	0:00:49	0:50:48	0:00:41	0:17:45	1:39:07
88	154	254	DARREN KAVANAGH	0:26:55	0:01:38	0:50:25	0:00:39	0:20:25	1:40:02
89	161	261	DECLAN CAULFIELD	0:34:27	0:00:25	0:46:15	0:00:20	0:21:16	1:42:43
90	108	208	JULIENNE PAYE	0:28:32	0:00:59	0:54:58	0:00:54	0:18:58	1:44:20
91	104	204	KENNETH NOLAN	0:30:29	0:00:32	0:56:39	0:00:24	0:17:54	1:45:59
92	158	258	CAROLINE GAHAN	0:28:46	0:00:47	0:57:47	0:00:33	0:19:19	1:47:12
93	122	222	KEVIN GAHAN	0:33:33	0:00:44	0:48:51	0:02:32	0:23:40	1:49:20
94	139	239	ALAN SMYTH	0:34:37	0:01:43	0:52:20	0:01:40	0:22:48	1:53:08
95	166	266	ACHILLE KINSELLA	0:31:02	0:01:00	1:01:11	0:00:45	0:22:48	1:56:45
96	162	262	MARY KINSELLA	0:32:03	0:00:54	1:02:49	0:00:41	0:20:20	1:56:47
97	175	275	PATRICIA CUSH	0:33:47	0:00:37	1:01:18	0:01:06	0:22:10	1:58:58
98	195	295	DESMOND KIRWAN	0:33:31	0:01:29	1:00:47	0:01:09	0:22:43	1:59:39