

Split	Race Time	Time of Day	Split Time	Overall Pos	Category Pos	Gender Pos	Splits	Splits %
-------	-----------	-------------	------------	-------------	--------------	------------	--------	----------

Ben de Groot

Swim	0:25:00	6:53:35	0:25:00	38	8	32		
Cycle 45k	1:55:34	8:24:09	1:30:34	495	97	457	1:30:34	51.33%
Cycle	3:21:27	9:50:02	2:56:26	392	82	369	1:25:53	48.68%
Run 1.6k	3:31:37	10:00:12	0:10:10	273	62	246	0:10:10	8.78%
Run 7.1k	3:58:27	10:27:02	0:37:00	298	66	270	0:26:50	23.18%
Run 8.6k	4:07:42	10:36:17	0:46:15	292	65	265	0:09:15	7.99%
Run 14.1k	4:35:51	11:04:26	1:14:24	280	64	254	0:28:09	24.32%
Run 15.7	4:45:52	11:14:27	1:24:25	282	63	256	0:10:01	8.65%
Run	5:17:12	11:45:47	1:55:45	310	66	277	0:31:20	27.07%

Euan McNair

Swim	0:26:14	6:54:49	0:26:14	55	11	48		
Cycle 45k	1:41:28	8:10:03	1:15:13	42	8	42	1:15:14	48.45%
Cycle	3:01:32	9:30:07	2:35:17	69	15	68	1:20:04	51.56%
Run 1.6k	3:10:26	9:39:01	0:08:53	77	21	71	0:08:54	8.31%
Run 7.1k	3:33:48	10:02:23	0:32:16	80	20	74	0:23:22	21.82%
Run 8.6k	3:42:15	10:10:50	0:40:43	86	22	80	0:08:27	7.89%
Run 14.1k	4:09:16	10:37:51	1:07:43	126	29	114	0:27:01	25.23%
Run 15.7	4:19:31	10:48:06	1:17:59	153	36	139	0:10:15	9.57%
Run	4:48:37	11:17:12	1:47:04	186	44	169	0:29:06	27.18%

Scott Norrish

Swim	0:34:16	7:02:51	0:34:16	442	101	386		
Cycle 45k	1:57:05	8:25:40	1:22:49	236	64	227	1:22:49	49.53%
Cycle	3:21:29	9:50:04	2:47:13	227	64	221	1:24:24	50.47%
Run 1.6k	3:35:09	10:03:44	0:13:39	618	127	523	0:13:40	9.32%
Run 7.1k	4:08:40	10:37:15	0:47:11	630	127	533	0:33:31	22.87%
Run 8.6k	4:20:59	10:49:34	0:59:30	631	127	534	0:12:19	8.40%
Run 14.1k	4:57:38	11:26:13	1:36:08	634	128	535	0:36:39	25.00%
Run 15.7	5:10:03	11:38:38	1:48:34	624	127	526	0:12:25	8.47%
Run	5:48:05	12:16:40	2:26:35	626	128	526	0:38:02	25.95%

Glynn Williams

Swim	0:32:36	7:01:11	0:32:36	359	78	324		
Cycle 45k	2:01:19	8:29:54	1:28:43	442	88	412	1:28:43	50.89%
Cycle	3:26:56	9:55:31	2:54:20	345	76	326	1:25:37	49.11%
Run 1.6k	3:37:13	10:05:48	0:10:16	288	68	260	0:10:17	9.98%
Run 7.1k	4:02:50	10:31:25	0:35:53	246	58	226	0:25:37	24.85%
Run 8.6k	4:11:22	10:39:57	0:44:25	217	49	199	0:08:32	8.28%
Run 14.1k	4:37:06	11:05:41	1:10:09	180	43	164	0:25:44	24.96%
Run 15.7	4:45:36	11:14:11	1:18:39	165	39	151	0:08:30	8.25%
Run	5:10:02	11:38:37	1:43:05	125	26	114	0:24:26	23.70%

Laura Siddall

Swim	0:30:09	6:58:44	0:30:09	223	7	17		
Cycle 45k	2:01:10	8:29:45	1:31:00	505	7	40	1:31:01	50.56%
Cycle	3:30:11	9:58:46	3:00:02	431	6	30	1:29:01	49.44%
Run 1.6k	3:40:29	10:09:04	0:10:17	292	7	29	0:10:18	9.83%
Run 7.1k	4:07:33	10:36:08	0:37:22	322	8	33	0:27:04	25.84%
Run 8.6k	4:16:36	10:45:11	0:46:25	303	7	30	0:09:03	8.64%
Run 14.1k	4:42:25	11:11:00	1:12:13	226	5	20	0:25:49	24.65%
Run 15.7	4:51:00	11:19:35	1:20:48	210	5	19	0:08:35	8.19%
Run	5:14:56	11:43:31	1:44:45	153	4	15	0:23:56	22.85%

Pete HERAUF

Swim	0:35:48	7:04:23	0:35:48	544	104	471		
Cycle 45k	2:01:26	8:30:01	1:25:38	329	72	311	1:25:38	50.73%
Cycle	3:24:38	9:53:13	2:48:49	254	62	245	1:23:12	49.28%
Run 1.6k	3:34:54	10:03:29	0:10:15	286	66	258	0:10:16	9.91%
Run 7.1k	3:59:49	10:28:24	0:35:10	209	48	192	0:24:55	24.05%
Run 8.6k	4:08:50	10:37:25	0:44:12	208	48	191	0:09:01	8.70%
Run 14.1k	4:33:53	11:02:28	1:09:15	157	37	143	0:25:03	24.18%
Run 15.7	4:42:36	11:11:11	1:17:58	152	35	138	0:08:43	8.42%
Run	5:08:13	11:36:48	1:43:35	133	29	122	0:25:37	24.73%

Victoria Gorman

Swim	0:26:38	6:55:13	0:26:38	67	4	9		
Cycle 45k	2:06:23	8:34:58	1:39:45	640	16	80	1:39:45	49.24%
Cycle	3:49:14	10:17:49	3:22:35	645	16	80	1:42:51	50.77%
Run 1.6k	4:02:09	10:30:44	0:12:55	579	18	81	0:12:55	8.87%
Run 7.1k	4:37:14	11:05:49	0:48:00	643	18	99	0:35:05	24.10%
Run 8.6k	4:49:41	11:18:16	1:00:27	646	19	102	0:12:27	8.55%
Run 14.1k	5:25:49	11:54:24	1:36:35	640	19	101	0:36:08	24.82%
Run 15.7	5:38:48	12:07:23	1:49:34	635	19	101	0:12:59	8.92%
Run	6:14:48	12:43:23	2:25:34	621	19	99	0:36:00	24.73%

Emma Bidstrup

Swim	0:33:22	7:01:57	0:33:22	392	10	44		
Cycle 45k	2:07:56	8:36:31	1:34:34	574	15	58	1:34:34	50.11%
Cycle	3:42:05	10:10:40	3:08:43	541	11	48	1:34:09	49.89%
Run 1.6k	3:54:15	10:22:50	0:12:10	510	15	64	0:12:10	10.07%
Run 7.1k	4:22:38	10:51:13	0:40:33	446	12	54	0:28:23	23.49%
Run 8.6k	4:32:24	11:00:59	0:50:18	421	11	52	0:09:46	8.08%
Run 14.1k	5:01:50	11:30:25	1:19:44	399	11	51	0:29:26	24.36%
Run 15.7	5:12:22	11:40:57	1:30:16	394	11	52	0:10:32	8.72%
Run	5:42:56	12:11:31	2:00:50	379	10	47	0:30:34	25.30%

Mel Anders

Swim	0:35:03	7:03:38	0:35:03	482	16	62		
Cycle 45k	2:22:53	8:51:28	1:47:50	702	23	111	1:47:50	49.38%
Cycle	4:13:27	10:42:02	3:38:23	708	25	115	1:50:34	50.63%
Run 1.6k	4:30:08	10:58:43	0:16:41	711	25	124	0:16:41	11.04%
Run 7.1k	5:04:47	11:33:22	0:51:19	684	24	113	0:34:39	22.93%
Run 8.6k	5:17:10	11:45:45	1:03:43	678	24	111	0:12:23	8.20%
Run 14.1k	5:53:34	12:22:09	1:40:07	665	24	110	0:36:24	24.09%
Run 15.7	6:07:43	12:36:18	1:54:16	671	24	111	0:14:09	9.36%
Run	6:44:33	13:13:08	2:31:06	656	24	107	0:36:50	24.38%

Bondifit Team

Swim	0:23:07	7:08:20	0:23:07	1	1	1		
Cycle 45k	2:03:00	8:48:13	1:39:52	72	33	59	1:39:53	50.24%
Cycle	3:41:57	10:27:10	3:18:49	64	32	53	1:38:57	49.77%
Run 1.6k	3:57:00	10:42:13	0:15:02	85	36	65	0:15:03	13.85%
Run 7.1k	4:21:12	11:06:25	0:39:14	61	23	49	0:24:12	22.26%
Run 8.6k	4:29:49	11:15:02	0:47:51	54	21	44	0:08:37	7.93%
Run 14.1k	4:55:09	11:40:22	1:13:12	37	14	29	0:25:20	23.31%
Run 15.7	5:04:37	11:49:50	1:22:40	35	13	28	0:09:28	8.71%
Run	5:30:40	12:15:53	1:48:42	29	11	23	0:26:03	23.97%

Graham Hines

Swim	0:31:38	7:00:13	0:31:38	316	44	287		
Cycle 45k	2:04:40	8:33:15	1:33:01	553	65	502	1:33:02	49.28%
Cycle	3:40:26	10:09:01	3:08:47	542	64	494	1:35:46	50.73%
Run 1.6k	3:52:36	10:21:11	0:12:10	511	64	447	0:12:10	11.00%
Run 7.1k	4:18:05	10:46:40	0:37:38	334	44	299	0:25:29	23.04%
Run 8.6k	4:26:59	10:55:34	0:46:32	309	41	278	0:08:54	8.05%
Run 14.1k	4:53:27	11:22:02	1:13:00	244	33	222	0:26:28	23.93%
Run 15.7	5:03:13	11:31:48	1:22:46	243	33	221	0:09:46	8.83%
Run	5:31:04	11:59:39	1:50:37	232	32	210	0:27:51	25.18%

Seth Roberts

Swim	0:31:51	7:00:26	0:31:51	321	78	292		
Cycle 45k	1:56:11	8:24:46	1:24:20	287	79	275	1:24:20	50.67%
Cycle	3:18:19	9:46:54	2:46:27	218	62	212	1:22:07	49.33%
Run 1.6k	3:29:35	9:58:10	0:11:16	421	98	371	0:11:16	10.19%
Run 7.1k	3:59:12	10:27:47	0:40:53	453	102	399	0:29:37	26.77%
Run 8.6k	4:09:24	10:37:59	0:51:05	444	101	389	0:10:12	9.22%
Run 14.1k	4:39:55	11:08:30	1:21:36	436	95	381	0:30:31	27.59%
Run 15.7	4:51:09	11:19:44	1:32:49	436	92	380	0:11:14	10.16%
Run	5:21:07	11:49:42	2:02:48	408	86	356	0:29:58	27.09%

Laurent Doyen

Swim	0:28:36	6:57:11	0:28:36	142	34	129		
Cycle 45k	1:51:58	8:20:33	1:23:22	253	70	244	1:23:22	50.31%
Cycle	3:14:19	9:42:54	2:45:43	206	57	200	1:22:21	49.69%
Run 1.6k	3:24:20	9:52:55	0:10:00	246	55	222	0:10:01	9.06%

Run 7.1k	3:47:53	10:16:28	0:33:33	121	25	111	0:23:33	21.29%
Run 8.6k	3:56:06	10:24:41	0:41:47	116	22	106	0:08:13	7.43%
Run 14.1k	4:19:34	10:48:09	1:05:14	85	14	79	0:23:28	21.21%
Run 15.7	4:27:48	10:56:23	1:13:28	81	13	75	0:08:14	7.44%
Run	4:51:40	11:20:15	1:37:21	71	11	66	0:23:52	21.58%

Sam Thompson

Swim	0:39:36	7:08:11	0:39:36	666	28	106		
Cycle 45k	2:23:14	8:51:49	1:43:37	675	21	94	1:43:37	49.96%
Cycle	4:07:01	10:35:36	3:27:25	664	21	91	1:43:48	50.04%
Run 1.6k	4:16:53	10:45:28	0:09:52	223	6	19	0:09:52	8.92%
Run 7.1k	4:41:41	11:10:16	0:34:39	175	6	16	0:24:48	22.42%
Run 8.6k	4:50:23	11:18:58	0:43:22	167	6	15	0:08:42	7.86%
Run 14.1k	5:16:39	11:45:14	1:09:38	165	6	15	0:26:16	23.75%
Run 15.7	5:25:48	11:54:23	1:18:46	170	6	16	0:09:09	8.27%
Run	5:52:11	12:20:46	1:45:09	158	6	17	0:26:23	23.85%

Haley Arthur

Swim	0:25:25	6:54:00	0:25:25	43	3	7		
Cycle 45k	1:56:54	8:25:29	1:31:28	518	9	44	1:31:28	44.22%
Cycle	3:52:16	10:20:51	3:26:51	662	18	89	1:55:23	55.78%
Run 1.6k	4:03:33	10:32:08	0:11:16	423	11	51	0:11:17	10.20%
Run 7.1k	4:32:34	11:01:09	0:40:17	435	10	52	0:29:01	26.23%
Run 8.6k	4:42:50	11:11:25	0:50:33	426	10	53	0:10:16	9.28%
Run 14.1k	5:12:15	11:40:50	1:19:58	403	10	53	0:29:25	26.59%
Run 15.7	5:23:21	11:51:56	1:31:05	405	10	54	0:11:06	10.03%
Run	5:56:38	12:25:13	2:04:21	431	11	56	0:33:17	30.09%

Lee Mackie

Swim	0:34:06	7:02:41	0:34:06	431	11	53		
Cycle 45k	2:06:12	8:34:47	1:32:06	527	11	46	1:32:06	48.41%
Cycle	3:44:23	10:12:58	3:10:16	556	14	53	1:38:10	51.59%
Run 1.6k	3:57:16	10:25:51	0:12:53	577	17	80	0:12:53	11.65%
Run 7.1k	4:27:29	10:56:04	0:43:06	533	18	72	0:30:13	27.32%
Run 8.6k	4:38:45	11:07:20	0:54:22	533	18	73	0:11:16	10.19%
Run 14.1k	5:11:38	11:40:13	1:27:14	527	19	72	0:32:53	29.73%
Run 15.7	5:22:53	11:51:28	1:38:29	523	19	73	0:11:15	10.17%
Run	5:54:57	12:23:32	2:10:34	494	19	68	0:32:04	28.99%

Courtney Bolin.

Swim	0:35:26	7:04:01	0:35:26	505	14	65		
Cycle 45k	2:17:25	8:46:00	1:41:58	664	20	88	1:41:58	49.28%
Cycle	4:02:22	10:30:57	3:26:55	663	20	90	1:44:57	50.72%
Run 1.6k	4:16:00	10:44:35	0:13:37	616	23	95	0:13:38	12.32%
Run 7.1k	5:23:03	11:51:38	1:20:40	732	33	126	1:07:03	60.61%
Run 8.6k	5:39:14	12:07:49	1:36:51	732	33	126	0:16:11	14.63%
Run 14.1k	6:09:56	12:38:31	2:07:34	729	33	126	0:30:42	27.75%
Run 15.7	6:21:01	12:49:36	2:18:38	726	33	125	0:11:05	10.02%
Run	6:52:22	13:20:57	2:50:00	711	33	124	0:31:21	28.34%

James Lambert

Swim	0:26:53	6:55:28	0:26:53	71	15	62		
Cycle 45k	1:45:04	8:13:39	1:18:10	105	28	104	1:18:10	49.82%
Cycle	3:03:47	9:32:22	2:36:53	92	24	91	1:18:43	50.18%
Run 1.6k	3:12:25	9:41:00	0:08:38	57	8	53	0:08:38	7.80%
Run 7.1k	3:34:55	10:03:30	0:31:08	47	7	44	0:22:30	20.34%
Run 8.6k	3:42:27	10:11:02	0:38:40	45	6	42	0:07:32	6.81%
Run 14.1k	4:05:17	10:33:52	1:01:30	38	6	35	0:22:50	20.64%
Run 15.7	4:13:06	10:41:41	1:09:19	36	6	34	0:07:49	7.07%
Run	4:36:19	11:04:54	1:32:32	32	5	31	0:23:13	20.99%

Simone Sadler

Swim	0:31:31							
Bike	2:57:51	1:24:09	1:33:42	5:55:42				
Run	1:48:27							
Total	5:17:49							

Hanna Svensson

Swim	0:36:08	0:36:08	7:04:43	562	19	78		
Cycle 45k	2:06:18	1:30:10	8:34:53	487	8	37	1:30:10	
Cycle	3:39:04	3:02:55	10:07:39	478	7	36	1:32:45	
Run 1.6k	3:48:59	0:09:54	10:17:34	234	5	23		
Run 7.1k	4:15:26	0:36:21	10:44:01	267	4	22		
Run 8.6k	4:24:47	0:45:43	10:53:22	272	4	22		
Run 14.1k	4:53:32	1:14:28	11:22:07	281	5	27		
Run 15.7	5:03:32	1:24:27	11:32:07	284	5	27		
Run	5:32:17	1:53:12	12:00:52	271	5	27		