

Swinford Duathlon August 2019

 Results are Provisional until confirmed, Full Results on www.coretiming.ie

Rank	Bib	Name	Last Name	Sex	Age Cat	Club	Run	Pos	T1	Cycle	T2	Run	Pos	Finish	Gap Time
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Swinford Duathlon 2019

1.	998	Maeve	Gallagher	f			00:17:19	1.	00:00:20	00:36:16	00:00:21	00:15:38	1.	01:09:56	-
2.	980	Tom	Mcloughlin	m	M40-44	Grainne Uaile Triathlon Club	00:18:56	5.	00:00:20	00:37:11	00:00:16	00:16:34	2.	01:13:19	+3:23
3.	965	Pat	Breen	m	M40-44		00:20:35	9.	00:00:16	00:36:12	00:00:14	00:16:33	3.	01:13:53	+3:57
4.	994	Paddy	Muray	a			00:19:24	6.	00:00:14	00:39:06	00:00:12	00:15:54	4.	01:14:53	+4:56
5.	987	Gareth	McDonnell	m			00:18:15	2.	00:00:25	00:41:15	00:00:12	00:15:02	5.	01:15:12	+5:16
6.	971	Anthony	Hammond	m	M25-29	Ballina cc	00:23:39	23.	00:00:33	00:33:11	00:00:22	00:17:56	6.	01:15:43	+5:47
7.	990	Eoin	Gallagher	m			00:18:47	4.	00:00:36	00:42:09	00:00:30	00:16:00	7.	01:18:04	+8:07
8.	992	Lorcan	Murray	m			00:18:25	3.	00:00:36	00:39:19	00:00:26	00:19:22	8.	01:18:11	+8:15
9.	967	Neasa	Canavan	f	F35-39		00:20:14	7.	00:00:38	00:41:04	00:00:29	00:17:12	9.	01:19:39	+9:43
10.	991	David	Reddington	m			00:20:58	12.	00:00:46	00:38:24	00:00:39	00:19:15	10.	01:20:05	+10:09
11.	995	Alan	Heaney	m			00:21:43	16.	00:00:40	00:40:28	00:00:41	00:17:28	11.	01:21:02	+11:06
12.	972	Lynda	Hession	f	F40-44	Castlebar Tri club	00:20:56	11.	00:00:35	00:41:52	00:00:25	00:17:15	12.	01:21:04	+11:08
13.	966	Ger	Brennan	m	M50-54	Swinford ac	00:20:43	10.	00:00:47	00:41:33	00:00:38	00:17:25	13.	01:21:09	+11:13
14.	979	Aiden	Mcloughlin	m	M40-44	Na	00:20:19	8.	00:00:50	00:47:48	00:00:23	00:17:35	14.	01:26:57	+17:01
15.	551	John	Nolan	m			00:21:05	13.	00:00:29	00:46:42	00:00:17	00:18:58	15.	01:27:33	+17:37
16.	974	Michael	Lavin	m	M30-34		00:21:17	14.	00:00:41	00:46:28	00:00:34	00:18:48	16.	01:27:50	+17:54
17.	984	Mark	Stephens	m	M55-59	Swinford triathlon club	00:23:15	20.	00:01:00	00:41:43	00:00:58	00:21:15	17.	01:28:13	+18:16
18.	552	Regina	Mullaney	f			00:22:32	17.	00:00:24	00:46:47	00:00:13	00:18:35	18.	01:28:34	+18:37
19.	997	Addette	Gallagher	f			00:23:07	19.	00:00:24	00:46:36	00:00:19	00:18:53	19.	01:29:20	+19:24
20.	999	Willie	O'connor	m			00:23:37	22.	00:00:19	00:44:01	00:00:23	00:21:11	20.	01:29:34	+19:38
21.	986	Declan	Scanlon	m			00:22:58	18.	00:00:34	00:46:07	00:00:21	00:20:01	21.	01:30:03	+20:07
22.	964	John	Boland	m	M30-34		00:21:42	15.	00:00:31	00:49:20	00:00:24	00:18:34	22.	01:30:34	+20:38
23.	993	Cathy	Regan	f			00:23:54	24.	00:00:47	00:46:14	00:00:37	00:20:11	23.	01:31:46	+21:49
24.	975	Annamarie	Lyons	f	F40-44	Lyons	00:23:18	21.	00:00:22	00:52:14	00:00:16	00:19:20	24.	01:35:32	+25:36
25.	978	Anthony	Mchale	m	M60	Liquid Motion TC	00:25:43	27.	00:00:41	00:48:16	00:00:44	00:21:51	25.	01:37:17	+27:21
26.	989	Tony	Oconnor	m			00:25:47	28.	00:01:08	00:43:49	00:01:27	00:26:47	26.	01:39:00	+29:04
27.	996	M	Brophy	f			00:24:02	25.	00:00:45	00:48:38	00:00:25	00:25:38	27.	01:39:30	+29:34
28.	988	Sean	Oconnor	m			00:26:44	31.	00:00:31	00:47:40	00:01:04	00:24:37	28.	01:40:37	+30:41
29.	983	Patricia	Smyth	f	F35-39		00:26:32	30.	00:00:53	00:48:58	00:00:56	00:23:57	29.	01:41:18	+31:21
30.	968	Susan	Cooke	f	F40-44	Swinford ac	00:25:47	29.	00:01:21	00:52:49	00:00:34	00:21:36	30.	01:42:10	+32:14
31.	1000	Tara	Feeney	f			00:25:27	26.	00:00:41	00:54:05	00:00:39	00:24:52	31.	01:45:47	+35:51
32.	973	Blathnaid Hughes	Hughes	f	F30-34		00:29:08	32.	00:00:25	01:01:31	00:00:37	00:38:16	32.	02:10:00	+60:03

Number of records: 32