

Illawarra Triathlon Club - Port Kembla Duathlon Race 1 - 15 July 2007

Run 3.6km + Cycle 14.8km, Run 1.8km (Approx. Distances)

No	Name	Cat Age	Finish Time	Overall Place	Overall Cat Place	Run 3.6km	Run Pace min/km	Run Place	Cycle 14.8km	Ave Speed	Cycle Place	Run 1.8km	Run Pace min/km	Run Place
3	Phil Giles		45:48	1		14:06	03:55	2	24:32	36.2	1	07:10	03:59	1
1	Miles Waring		47:37	2		13:05	03:38	1	27:14	32.61	2	07:18	04:03	2
10	Witold Krajewski		52:07	3		14:42	04:05	3	28:49	30.82	3	08:36	04:47	4
6	Ian Kennerley		54:56	4		16:53	04:41	8	29:09	30.46	4	08:54	04:57	6
2	Rhys Williams		55:00	5		15:13	04:14	5	31:22	28.31	7	08:25	04:41	3
5	Brian Baird		55:14	6		16:52	04:41	7	29:18	30.31	5	09:04	05:02	7
8	Peter Roope		55:51	7		15:48	04:23	6	31:13	28.45	6	08:50	04:54	5
4	Paul Coxhead		56:43	8		14:46	04:06	4	32:02	27.72	8	09:55	05:31	10
9	Jenny Simpson		01:01:02	9		18:02	05:01	10	33:18	26.67	9	09:42	05:23	8
7	Liz Bevan		01:02:43	10		17:56	04:59	9	34:56	25.42	10	09:51	05:28	9