

## Illawarra Triathlon Club - Port Kembla Duathlon Race - 27 July 2008

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

No	Name	Cat Age	Wave	Finish Time	Overall Place	Overall Cat Place	Run 1 3.6km	Run 1 Plc	Cycle 14.8km	Ave Speed km/h	Cycle Place	Run 2 1.8km	Run Pace min/km	Run Place
<b>Senior Race</b>														
1	Jason Lewis		1	0:49:57	1		0:14:38	3	0:27:34	32.21	2	0:07:45	2:09	1
5	George Burnett		1	0:50:44	2		0:14:25	2	0:28:13	31.47	3	0:08:06	2:15	2
3	Bob Scott		1	0:51:39	3		0:16:43	7	0:25:11	35.26	1	0:09:45	2:42	7
4	Elise Foster		1	0:53:15	4		0:14:25	1	0:30:06	29.5	5	0:08:44	2:26	5
8	Carolyn Dews		1	0:54:18	5		0:15:26	4	0:30:44	28.89	6	0:08:08	2:16	3
2	Brian Baird		1	0:54:28	6		0:16:32	6	0:29:00	30.62	4	0:08:56	2:29	6
6	Rodrigo Delaconde		1	0:57:19	7		0:15:27	5	0:33:35	26.44	8	0:08:17	2:18	4
7	Liz Bevan		1	1:01:56	8		0:19:50	8	0:31:53	27.85	7	0:10:13	2:50	8