Illawarra Triathlon Club - Port Kembla Duathlon- 22nd August 2003

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

Name	Cat Age	Overall Place	Cat Place	3.6km Run	Run1 Pace min/km	Run1 Place	14.5km Cycle	Ave Speed	Cycle Place	1.8km Run	Run2 Pace min/km	Run2 Place	Finish Time
Dan Arenas	30-39	1	1	14:00	03:53	2	24:50	35.76	1	07:07	03:57	2	45:57
Paul Micale	30-39	2	2	12:10	03:23	1	27:36	32.17	4	06:19	03:31	1	46:05
Daniel Daly	20-29	3	1	14:50	04:07	4	26:41	33.28	3	07:51	04:22	4	49:22
Scott Wilsmore	20-29	4	2	14:13	03:57	3	27:43	32.04	5	07:28	04:09	3	49:24
Greg Flood	30-39	5	3	15:05	04:11	7	27:48	31.94	6	07:56	04:24	5	50:49
Tanya Strevens	**20-29**	**6**	**1**	**15:03**	**04:11**	**6**	**28:07**	**31.58**	**7**	**08:04**	**04:29**	**6**	**51:14**
Peter Brown	30-39	7	4	15:02	04:11	5	28:17	31.40	8	08:13	04:34	8	51:32
Tony Tenkate	40-49	8	1	16:04	04:28	8	28:26	31.23	9	08:09	04:32	7	52:39
Bob Scott	40-49	9	2	17:39	04:54	11	25:41	34.57	2	10:08	05:38	11	53:28
Peter Southgate	50-59	10	1	16:37	04:37	10	32:15	27.53	10	09:01	05:01	9	57:53
Brian Flynn	50-59	12	2	16:36	04:37	9	34:49	25.51	11	09:15	05:08	10	1:00:40
Brian Baird	50-59	11	3	dnf									