

Illawarra Triathlon Club - Port Kembla Triathlon Race 7 - 10th April 2005													
Swim 400m +Trans 400m, Cycle 14.8km, Run 3.6km (Approx. Distances)													
Name	Cat Age	Wave Start	Finish Time	Overall Place	Overall Cat Place	Swim 400m +T1	Swim Place	Cycle 14.8km	Ave Speed	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
Jonathon Malka	M17-19	10:00	0:46:08	1	1	08:30	1	25:10	35.28	3	12:28	03:28	2
Paul Argerakis	M30-39	10:00	0:46:36	2	1	09:40	9	24:15	36.62	2	12:41	03:31	3
Jordan Gover	M30-39	10:00	0:46:37	3	2	08:40	3	24:00	37.00	1	13:57	03:52	6
Merja Kivrinta	F20-29	10:00	0:47:45	4	1	08:45	4	26:00	34.15	8	13:00	03:37	4
Paul Micale	M30-39	10:00	0:48:30	5	3	09:15	8	26:55	32.99	13	12:20	03:26	1
Dan Arenas	M30-39	10:00	0:48:48	6	4	09:10	7	26:00	34.15	7	13:38	03:47	5
Kirk Vandeweghe	M40-49	10:00	0:49:18	7	1	09:05	6	25:45	34.49	6	14:28	04:01	10
Jacob Trindorfer	M20-29	10:00	0:50:16	8	1	08:35	2	27:30	32.29	18	14:11	03:56	8
Scott Harrison	M30-39	10:00	0:50:23	9	5	10:40	15	25:45	34.49	5	13:58	03:53	7
Trudi Barnes	F30-39	10:00	0:51:06	10	1	09:00	5	27:25	32.39	17	14:41	04:05	11
Lou Caruana	M40-49	10:00	0:51:37	11	2	10:45	16	25:35	34.71	4	15:17	04:15	14
Daniel Daly	M20-29	10:00	0:52:09	12	2	10:35	14	26:40	33.30	11	14:54	04:08	12
Jarrod Howarth	M20-29	10:00	0:52:33	13	3	10:15	12	28:00	31.71	19	14:18	03:58	9
Darren Tarlinton	M20-29	10:00	0:52:46	14	4	10:05	10	26:50	33.09	12	15:51	04:24	18
Steven Newman	M20-29	10:00	0:53:00	15	5	11:00	18	26:05	34.04	9	15:55	04:25	19
Scott Lunney	M30-39	10:00	0:53:15	16	6	10:30	13	27:10	32.69	15	15:35	04:20	16
Mel Sharpe	F40-49	10:00	0:54:20	17	1	10:10	11	28:20	31.34	20	15:50	04:24	17
Rudolph Mester	M30-39	10:00	0:54:35	18	7	11:15	19	27:05	32.79	14	16:15	04:31	22
Tim Crinnion	M30-39	10:00	0:55:48	19	8	11:20	20	29:30	30.10	21	14:58	04:09	13
Jeremy Sutton	M30-39	10:00	0:56:43	20	9	10:50	17	29:40	29.93	22	16:13	04:30	21
Witold Krajewski	M50-59	00:00	0:58:23	21	1	15:30	33	27:25	32.39	16	15:28	04:18	15
Eddy Birchal	M20-29	00:00	0:58:29	22	6	12:25	24	29:55	29.68	25	16:09	04:29	20
Bob Scott	M50-59	00:00	0:58:47	23	2	13:10	27	26:25	33.62	10	19:12	05:20	29
Anders Klasson	M40-49	00:00	1:00:53	24	3	13:20	28	29:40	29.93	23	17:53	04:58	25
Marco Ciccarelli	M40-49	00:00	1:01:10	25	4	12:35	25	29:50	29.77	24	18:45	05:12	28
Brian Baird	M60-69	00:00	1:01:50	26	1	13:50	31	30:10	29.44	26	17:50	04:57	24
Des Comer	M60-69	00:00	1:02:25	27	2	12:10	22	31:35	28.12	28	18:40	05:11	27
Paul Coxhead	M40-49	00:00	1:02:31	28	5	13:25	29	32:20	27.46	31	16:46	04:39	23
Lydia Nicholson	F20-29	00:00	1:02:45	29	2	11:55	21	32:45	27.11	32	18:05	05:01	26
Julie Sgangarella	F20-29	00:00	1:03:57	30	3	12:55	26	31:30	28.19	27	19:32	05:26	30
Amanda Vandeweghe	F40-49	00:00	1:06:25	31	2	13:35	30	32:55	26.98	33	19:55	05:32	31
Elke Stebbings	F30-39	00:00	1:06:40	32	2	13:55	32	32:20	27.46	30	20:25	05:40	32
Peter Southgate	M50-59	00:00	1:08:00	33	3	12:20	23	32:00	27.75	29	23:40	06:34	33
Seanne Pulbrook	F20-29	00:00						45:05	19.70	34			

MARSHALLS

Bill McClatchie

Krystalla Campbell

Brendan McAlister

Email me if you were there!!!!