

Illawarra Triathlon Club - Port Kembla Triathlon Race 3 - 18th January 2004

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/T1 Pace min/100m	Swim Place	Cycle 14.8km	Ave Speed	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
James Greathead	M17-19	12:00	48:30	1	1	09:45	02:26	3	25:40	34.60	1	13:05	03:38	1
Kirk Vandeweghe	M30-39	12:00	49:05	2	1	09:35	02:24	1	25:45	34.49	2	13:45	03:49	2
Merja Kiviranta	F20-29	12:00	51:20	3	1	10:50	02:42	10	26:45	33.20	6	13:45	03:49	3
Rowan Allnutt	M40-49	12:00	51:25	4	1	10:45	02:41	8	26:45	33.20	5	13:55	03:52	4
Lou Caruana	M40-49	12:00	52:30	5	2	11:05	02:46	13	26:10	33.94	3	15:15	04:14	11
Scott Harrison	M30-39	12:00	52:45	6	2	11:10	02:47	14	27:25	32.39	8	14:10	03:56	5
Tim Green	M30-39	12:00	53:00	7	3	10:00	02:30	5	28:05	31.62	11	14:55	04:09	8
Greg Fisher	M40-49	12:00	53:40	8	3	10:55	02:44	11	27:30	32.29	10	15:15	04:14	12
Trudi Barnes	F20-29	12:00	54:05	9	2	10:40	02:40	7	28:55	30.71	15	14:30	04:02	7
Scott Lunney	M30-39	12:00	54:45	10	4	11:00	02:45	12	28:30	31.16	14	15:15	04:14	13
Tegan Makowski	F17-19	12:00	54:55	11	1	09:40	02:25	2	28:10	31.53	12	17:05	04:45	20
Geoff Stutsel	M30-39	05:00	55:05	12	5	12:30	03:07	17	28:15	31.43	13	14:20	03:59	6
Cade Barnes	M30-39	12:00	55:10	13	6	10:45	02:41	9	29:25	30.19	17	15:00	04:10	9
James Marsden	M20-29	12:00	56:10	14	1	10:35	02:39	6	30:00	29.60	19	15:35	04:20	18
John Arnold	M40-49	05:00	56:45	15	4	12:20	03:05	15	29:05	30.53	16	15:20	04:16	14
Steven Newman	M20-29	00:00	57:20	16	2	14:50	03:42	29	26:55	32.99	7	15:35	04:20	19
Jarrod Howarth	M20-29	05:00	58:10	17	3	12:40	03:10	18	30:30	29.11	22	15:00	04:10	10
Stephen Rowland	M30-39	00:00	58:20	18	7	13:00	03:15	19	30:00	29.60	20	15:20	04:16	15
Damien Paynter	M30-39	00:00	59:40	19	8	14:25	03:36	27	29:50	29.77	18	15:25	04:17	17
Bob Scott	M40-49	05:00	1:00:00	20	5	14:10	03:32	24	27:25	32.39	9	18:25	05:07	26
Paul Coxhead	M40-49	00:00	1:00:35	21	6	14:10	03:32	25	31:00	28.65	23	15:25	04:17	16
Trevor Smith	M20-29	05:00	1:02:30	22	4	12:25	03:06	16	32:30	27.32	29	17:35	04:53	23
Bruce Boaler	M30-39	00:00	1:02:30	23	9	14:30	03:37	28	30:15	29.36	21	17:45	04:56	24
Anders Klassan	M40-49	00:00	1:03:15	24	7	14:05	03:31	23	31:35	28.12	24	17:35	04:53	22
Marco Ciccarelli	M40-49	00:00	1:03:40	25	8	13:40	03:25	21	31:40	28.04	25	18:20	05:06	25
Lee Fanning	F30-39	00:00	1:03:55	26	1	13:20	03:20	20	33:10	26.77	30	17:25	04:50	21
Des Comer	M50+	00:00	1:05:15	27	1	13:55	03:29	22	32:10	27.61	28	19:10	05:19	28
Simon Haigh	M30-39	00:00	1:06:00	28	10	14:20	03:35	26	32:00	27.75	26	19:40	05:28	29
Phil Malcomson	M20-29	00:00	1:16:15	29	5	19:25	04:51	30	36:50	24.11	31	20:00	05:33	30
Hans Battard	M40-49	12:00	44:50			09:50	02:27	4	26:15	33.83	4	08:45	02:26	1 LAP
Brian Flynn	M50+	00:00	40:37			00:00	00:00	Half Race				40:37	11:17	Half Race
Brian Baird	M50+	00:00	1:04:35			13:55	03:29	1 LAP	32:05	27.68	27	18:35	05:10	27

MARSHALLS

Mark Monnier

Dan Arenus

Krystalla Campbell

Peter Issa

Plus others TBA