

Illawarra Triathlon Club - Port Kembla Triathlon Race 1 - 19th October 2003

Swim 400m +Trans 400m, Cycle 14.8km, Run 3.6km (Approx. Distances)

Name	Cat Age	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
Stuart Colquhan	M30-39	47:14	1	1	09:55	02:29	4	24:30	36.24	1	12:49	03:34	2
Mark Scott	M20-29	48:01	2	1	09:35	02:24	1	25:32	34.78	3	12:54	03:35	4
Bill McClatchie	M20-29	49:26	3	2	11:30	02:53	11	25:05	35.40	2	12:51	03:34	3
Rowan Allnutt	M40-49	50:29	4	1	11:03	02:46	9	25:54	34.29	4	13:32	03:46	5
Pete Kerry	M30-39	52:05	5	2	11:21	02:50	10	27:57	31.77	7	12:47	03:33	1
Susanne Russell	F20-29	52:19	6	1	09:45	02:26	2	28:00	31.71	8	14:34	04:03	9
Tim Green	M30-39	53:23	7	3	09:51	02:28	3	28:25	31.25	11	15:07	04:12	13
Jandirk (JD) Thiem	M20-29	53:35	8	3	10:12	02:33	6	28:23	31.29	10	15:00	04:10	12
Scott Harrison	M30-39	53:38	9	4	11:51	02:58	16	27:49	31.92	6	13:58	03:53	6
Greg Fisher	M40-49	54:32	10	2	11:33	02:53	12	27:48	31.94	5	15:11	04:13	14
James Marsden	M20-29	55:15	11	4	10:16	02:34	8	30:09	29.45	19	14:50	04:07	10
Scott Lunney	M30-39	55:19	12	5	11:40	02:55	13	28:28	31.19	13	15:11	04:13	15
John Arnold	M40-49	55:48	13	3	12:02	03:00	17	29:47	29.82	17	13:59	03:53	7
Nicky Joyce	F30-39	56:16	14	1	11:42	02:56	14	29:03	30.57	14	15:31	04:19	17
Geoff Stutsel	M30-39	56:32	15	6	13:04	03:16	22	29:27	30.15	15	14:01	03:54	8
Tanya Strevens	F20-29	58:22	16	2	11:46	02:57	15	30:47	28.85	20	15:49	04:24	18
Jay Reid	M20-29	59:44	17	5	13:22	03:21	23	29:36	30.00	16	16:46	04:39	24
Peter Brown	M30-39	1:00:16	18	7	14:10	03:33	25	30:00	29.60	18	16:06	04:28	20
Anthony Samways	M20-29	1:00:28	19	6	12:31	03:08	19	31:24	28.28	21	16:33	04:36	23
Mick McCarthy	M30-39	1:00:57	20	8	12:10	03:03	18	32:15	27.53	24	16:32	04:36	22
Annalie Honston	F20-29	1:01:05	21	3	10:14	02:33	7	34:00	26.12	28	16:51	04:41	25
Bob Scott	M40-49	1:01:22	22	4	14:16	03:34	26	28:15	31.43	9	18:51	05:14	28
Paul Coxhead	M40-49	1:01:35	23	5	14:32	03:38	28	32:08	27.63	23	14:55	04:09	11
Witold Krajewski	M50+	1:01:47	24	1	18:10	04:32	31	28:25	31.25	12	15:12	04:13	16
Peter Southgate	M50+	1:03:29	25	2	13:03	03:16	21	32:55	26.98	26	17:31	04:52	26
Eloise White	F13-16	1:03:35	26	1	10:09	02:32	5	37:11	23.88	30	16:15	04:31	21
Bruce Boaler	M30-39	1:04:23	27	9	13:30	03:23	24	32:50	27.05	25	18:03	05:01	27
Des Comer	M50+	1:04:54	28	3	12:42	03:11	20	33:20	26.64	27	18:52	05:14	29
Tony Tenkate	M30-39	1:05:43	29	10	14:24	03:36	27	31:51	27.88	22	19:28	05:24	30
Carolyn Dews	F30-39	1:06:50	30	2	14:42	03:41	29	36:10	24.55	29	15:58	04:26	19
Belinda Irwin	F20-29	1:20:19	31	4	17:53	04:28	30	39:47	22.32	31	22:39	06:18	31
Courtney Ross	F13-16	57:30	N/A	N/A	00:00	00:00	N/A	40:30	21.93	N/A	17:00	04:43	N/A

FEMALE RESULTS IN BOLD

Red text = time estimated