

Illawarra Triathlon Club - Port Kembla Triathlon Race 5 - 16 March 2008

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

No	Name	Cat Age	Wave	Finish Time	Overall Place	Overall Cat Place	Swim 400m +T1	Swim Place	Cycle 14.8km	Ave Speed km/h	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
24	Cameron Good	20-29	2	0:44:17	1		0:09:10	4	0:23:07	38.41	1	0:12:00	3:20	1
22	Ben Allen	20-29	2	0:44:49	2		0:08:59	1	0:23:13	38.25	3	0:12:37	3:30	3
25	Shane Barrie	19	2	0:45:29	3		0:09:00	2	0:24:29	36.27	4	0:12:00	3:20	2
26	Aaron Terechous	20-29	2	0:45:51	4		0:09:03	3	0:23:12	38.28	2	0:13:36	3:47	5
7	Jon OConnell	40-49	2	0:50:22	5		0:11:12	6	0:25:32	34.78	8	0:13:38	3:47	6
28	Miles Waring	15	2	0:50:48	6		0:11:09	5	0:26:22	33.68	11	0:13:17	3:41	4
10	Steve Newman	30-39	2	0:51:05	7		0:11:46	8	0:25:06	35.38	6	0:14:13	3:57	8
34	Lou Caruana	40-49	2	0:52:13	8		0:12:01	11	0:24:46	35.85	5	0:15:26	4:17	14
13	Ian Kennerley	30-39	2	0:52:31	9		0:11:14	7	0:25:42	34.55	9	0:15:35	4:20	17
19	Craig Dinning	30-39	2	0:53:23	10		0:11:52	9	0:26:24	33.64	12	0:15:07	4:12	13
20	Jon Elvy	30-39	2	0:54:27	11		0:12:30	14	0:25:57	34.22	10	0:16:00	4:27	18
14	Tanya Strevens	20-29	2	0:54:35	12		0:12:03	12	0:28:05	31.62	15	0:14:27	4:01	9
6	Kerrie Auguston	30-39	2	0:54:55	13		0:12:01	10	0:26:24	33.64	13	0:16:30	4:35	19
36	Carolyn Dews	30-39	2	0:55:27	14		0:12:08	13	0:28:43	30.92	18	0:14:36	4:03	11
37	Nathan Lovett	20-29	2	0:56:07	15		0:12:42	16	0:27:57	31.77	14	0:15:28	4:18	15
11	Alan Boyle	30-39	1	0:58:05	16		0:15:12	27	0:28:07	31.58	16	0:14:46	4:06	12
4	Bob Scott	50-59	1	0:59:22	17		0:15:15	28	0:25:16	35.15	7	0:18:51	5:14	29
29	Alyssa Williams	20-29	1	0:59:28	18		0:15:07	26	0:29:47	29.82	21	0:14:34	4:03	10
8	Peter Roope	40-49	1	0:59:45	19		0:12:40	15	0:29:42	29.9	20	0:17:23	4:50	21
3	Shane Todd	20-29	2	1:00:00	20		0:12:46	17	0:28:43	30.92	17	0:18:31	5:09	27
16	Alex Whetton	20-29	1	1:01:15	21		0:16:22	32	0:30:41	28.94	22	0:14:12	3:57	7
35	Paul Coxhead	40-49	1	1:02:49	22		0:15:39	29	0:31:38	28.07	26	0:15:32	4:19	16
15	Greg Burgess	50-59	1	1:04:01	23		0:16:17	30	0:31:06	28.55	23	0:16:38	4:37	20
1	Cathy Tulloh	50-59	1	1:04:07	24		0:13:59	21	0:32:19	27.48	28	0:17:49	4:57	22
32	Des Comer	60-69	1	1:04:20	25		0:13:50	20	0:31:29	28.21	24	0:19:01	5:17	30
30	Troy Lewis	20-29	1	1:04:46	26		0:13:40	19	0:28:52	30.76	19	0:22:14	6:11	34
9	Lloyd Mitchell	20-29	1	1:05:46	27		0:14:05	22	0:31:33	28.15	25	0:20:08	5:36	33
17	Jenny Simpson	40-49	1	1:06:02	28		0:14:10	23	0:32:28	27.35	29	0:19:24	5:23	31
23	Aimee Burzaoott	13	1	1:06:29	29		0:13:15	18	0:35:23	25.1	34	0:17:51	4:58	23
33	Karen-Anne Donnell	30-39	1	1:07:02	30		0:14:19	24	0:34:42	25.59	33	0:18:01	5:00	24
5	Kelly Owen	20-29	1	1:07:31	31		0:15:04	25	0:33:54	26.19	32	0:18:33	5:09	28
18	Doug Simpson	50-59	1	1:08:13	32		0:16:21	31	0:32:16	27.52	27	0:19:36	5:27	32
31	Liz Bevan	40-49	1	1:08:25	33		0:16:51	33	0:33:24	26.59	31	0:18:10	5:03	25
27	Sue Flynn	40-49	1	1:09:16	34		0:18:15	34	0:32:51	27.03	30	0:18:10	5:03	26
2	Bettina Kaiser	30-39	1	1:21:40	35		0:18:49	35	0:37:19	23.8	35	0:25:32	7:06	35
12	Ian Fargher	50-59	1	0:00:00	36		0:16:10	27	0:33:07	26.81	27	0:49:17	13:41	DNF
21	Stiven Denkovski	30-39	1	1:08:32	37		0:14:08	22	0:35:37	24.93	35	0:18:47	5:13	DNF Short Swim