

Rank	Bib	Name	Last Name	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run 2	FINISH Time	Wave
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# Rd 3 Belpark Duathlon 2018

1.	63	Marc	Flavin	m	M19-39		00:08:18	6	00:00:24	00:17:31	1	41,1	00:01:23	00:08:47	00:36:24	1
2.	148	Killian	Nolan	m	M19-39	Piranha TC	00:08:01	3	00:00:21	00:19:20	4	37,2	00:00:26	00:08:48	00:36:58	1
3.	107	Raymond	Loneragan	m	M19-39	Kilkenny Triathlon Club	00:08:05	4	00:00:23	00:19:41	7	36,5	00:00:24	00:08:34	00:37:10	1
4.	157	Aodhagan	O Reilly	m	M19-39	Piranha TC	00:07:51	2	00:00:22	00:20:35	15	34,9	00:00:27	00:08:17	00:37:34	1
5.	7	Simon	Befort	m	M19-39	3D TC	00:08:29	8	00:00:29	00:19:20	5	37,2	00:00:25	00:09:03	00:37:48	1
6.	221	Michael	McGloin	m	M40-49		00:08:30	9	00:00:24	00:19:35	6	36,7	00:00:17	00:09:11	00:37:58	1
7.	62	Mick	Finnan	m	M40-49		00:08:31	10	00:00:34	00:19:15	2	37,3	00:00:18	00:09:30	00:38:09	1
8.	22	Jonathan	Butler	m	M19-39	Pulse TC	00:08:08	5	00:00:23	00:20:30	14	35,1	00:00:23	00:08:54	00:38:19	1
9.	11	MHC	Declan & Louism		Relay Male	MHC	00:07:32	1	00:00:26	00:22:13	43	32,3	00:00:24	00:07:53	00:38:31	1
10.	174	Adriale	PRINA-MELL	m	M40-49		00:08:43	12	00:00:27	00:19:44	8	36,4	00:00:23	00:09:45	00:39:04	1
11.	6	Toby	Bedell	m	M40-49	Tried & Tested TC	00:09:29	31	00:00:21	00:19:19	3	37,2	00:00:22	00:10:07	00:39:40	1
12.	154	Finbar	O Grady	m	M19-39	Piranha TC	00:08:26	7	00:00:33	00:21:17	26	33,8	00:00:28	00:08:57	00:39:43	1
13.	218	Eddie	Garry	m	M40-49		00:08:38	11	00:00:28	00:21:01	21	34,2	00:00:28	00:09:21	00:39:58	1
14.	225	Ger	Copeland	m	M40-49		00:08:50	13	00:00:31	00:21:35	31	33,3	00:00:25	00:08:49	00:40:12	2
15.	110	Finn	Lyons	m	M19-39	Portmarnock TC	00:08:53	14	00:00:26	00:21:04	23	34,1	00:00:30	00:09:19	00:40:14	1
16.	214	Ellen	Vitting	f	F19-39		00:09:15	25	00:00:30	00:20:20	12	35,3	00:00:24	00:10:14	00:40:45	1
17.	156	Shane	O Neill	m	M19-39	Belpark TC	00:09:07	19	00:00:21	00:21:15	25	33,8	00:00:15	00:09:52	00:40:52	1
18.	183	Stephen	Rowan	m	M19-39		00:09:11	21	00:00:53	00:20:08	10	35,7	00:00:43	00:10:05	00:41:02	2
19.	141	David	Murillo	m	M19-39		00:09:15	26	00:00:21	00:20:55	18	34,4	00:00:30	00:10:02	00:41:06	1
20.	39	Daragh	Crowley	m	M40-49	Activmultisport TC	00:09:36	39	00:00:29	00:20:24	13	35,2	00:00:29	00:10:31	00:41:30	1
21.	13	Anthony	Boyle	m	M40-49		00:09:05	18	00:00:28	00:21:25	28	33,6	00:00:28	00:10:04	00:41:32	2
22.	122	Olivia	Mc Cartin	f	F40-49	Athlone TC	00:09:27	29	00:00:34	00:20:07	9	35,7	00:01:42	00:09:45	00:41:36	1
23.	159	Diarmuid	O'Brien	m	M19-39		00:09:13	23	00:00:24	00:21:44	33	33,1	00:00:18	00:10:17	00:41:58	2
24.	88	Mathieu	Jublot	m	M19-39	3D TC	00:09:37	40	00:00:46	00:20:47	17	34,6	00:00:38	00:10:09	00:41:59	1
25.	37	Murray	Connolly	m	M19-39	Activmultisport TC	00:09:34	37	00:00:25	00:20:16	11	35,5	00:01:47	00:10:04	00:42:08	1
26.	199	Luke	Thompson	m	M12-18		00:08:55	15	00:00:24	00:21:45	34	33,0	00:00:30	00:10:39	00:42:14	2
27.	219	Turlough	Blessing	m	M40-49		00:09:53	46	00:00:37	00:21:20	27	33,7	00:00:26	00:10:01	00:42:18	2
28.	92	Damien	Keaney	m	M40-49		00:09:14	24	00:00:32	00:22:35	51	31,8	00:00:30	00:09:26	00:42:18	2



Rank	Bib	Name	Last Name	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run 2	FINISH Time	Wave
29.	202	Pierre	Turpin	m	M19-39	Belpark TC	00:09:10	20	00:00:22	00:22:38	53	31,7	00:00:17	00:09:57	00:42:27	1
30.	108	John	Long	m	M40-49		00:09:13	22	00:00:45	00:21:37	32	33,3	00:00:25	00:10:28	00:42:30	2
31.	167	Gary	Owens	m	M19-39	TriTanium Triathlon Club	00:09:33	35	00:00:33	00:20:56	19	34,3	00:00:31	00:10:56	00:42:31	1
32.	106	Neal	Leddy	m	M40-49	3D TC	00:09:56	50	00:00:31	00:21:46	35	33,0	00:00:29	00:10:02	00:42:46	1
33.	215	Dealgan	O'connor	m	M19-39		00:10:18	66	00:00:28	00:21:08	24	34,0	00:00:27	00:10:27	00:42:51	2
34.	149	Cormac	Nolan	m	M19-39	Piranha TC	00:09:35	38	00:00:45	00:20:47	16	34,6	00:01:17	00:10:30	00:42:56	1
35.	216	Michael	Macken	m	M50-59		00:09:52	45	00:00:27	00:21:58	37	32,7	00:00:27	00:10:20	00:43:06	2
36.	209	Ciaran	Waters	m	M19-39	Portmarnock TC	00:09:37	41	00:00:41	00:22:12	41	32,4	00:00:33	00:10:00	00:43:06	1
37.	118	Jonthan	Martin	m	M19-39		00:09:29	30	00:00:33	00:22:31	47	31,9	00:00:21	00:10:14	00:43:09	2
38.	193	Philip	Sheridan	m	M19-39	Activmultisport TC	00:09:45	44	00:00:36	00:22:16	44	32,3	00:00:24	00:10:19	00:43:23	1
39.	194	Stephen	Short	m	M40-49	3D TC	00:10:44	89	00:00:33	00:21:02	22	34,2	00:00:27	00:10:42	00:43:30	1
40.	104	Barbara	Kruta	f	F19-39	3D TC	00:10:07	58	00:00:41	00:21:27	29	33,5	00:00:24	00:10:51	00:43:33	1
41.	9	Thomas	Berney	m	M19-39		00:09:45	43	00:00:25	00:22:25	46	32,1	00:00:37	00:10:22	00:43:37	2
42.	78	Shane	Hartney	m	M19-39		00:09:16	27	00:00:41	00:22:49	58	31,5	00:00:39	00:10:15	00:43:42	2
43.	85	Declan	Hughes	m	M40-49	Portmarnock TC	00:09:31	32	00:00:24	00:23:05	65	31,1	00:00:17	00:10:25	00:43:45	1
44.	161	Kevin	O'Doherty	m	M19-39		00:08:59	16	00:00:49	00:23:36	78	30,5	00:00:34	00:10:00	00:44:00	2
45.	142	Brian	Murphy	m	M40-49	Activmultisport TC	00:10:12	61	00:00:44	00:21:55	36	32,8	00:00:30	00:10:44	00:44:07	1
46.	21	Aiden	Burke	m	M40-49	Portmarnock TC	00:09:56	51	00:01:09	00:22:05	39	32,5	00:00:48	00:10:12	00:44:11	1
47.	27	Paul	Byrne	m	M19-39	Portmarnock TC	00:09:58	53	00:00:30	00:23:06	67	31,1	00:00:23	00:10:29	00:44:28	1
48.	35	Ian	Comerford	m	M19-39		00:09:17	28	00:00:26	00:24:14	95	29,6	00:00:19	00:10:22	00:44:40	1
49.	96	Aine	Kelly	f	F19-39	Pulse TC	00:10:17	64	00:00:45	00:22:11	40	32,4	00:00:32	00:10:53	00:44:40	1
50.	146	Pat	Neenan	m	M19-39	Wicklow TC	00:10:00	55	00:00:30	00:22:47	57	31,5	00:00:30	00:10:53	00:44:42	1
51.	220	Ciaran]	Tobin	m	M50-59		00:10:22	72	00:00:35	00:22:12	42	32,4	00:00:29	00:11:02	00:44:42	2
52.	137	Denise	Molloy	f	F40-49	Tri an Mhi TC	00:10:18	65	00:00:33	00:22:18	45	32,2	00:00:30	00:11:06	00:44:46	1
53.	152	Mark	O'Brien	m	M19-39	Pulse TC	00:09:58	54	00:00:40	00:23:07	68	31,1	00:00:28	00:10:50	00:45:05	1
54.	210	James	White	m	M19-39		00:09:41	42	00:00:38	00:23:53	85	30,1	00:00:33	00:10:23	00:45:10	2
55.	17	Alan	Brett	m	M19-39		00:09:32	33	00:00:33	00:23:55	87	30,0	00:00:28	00:10:43	00:45:14	2
56.	195	Cian	Skelly	m	M19-39		00:10:28	77	00:00:30	00:22:55	59	31,4	00:00:34	00:10:51	00:45:21	2
57.	121	Philip	Mc aloon	m	M40-49	Liquid Motion TC	00:09:33	34	00:00:39	00:24:15	96	29,6	00:00:41	00:10:15	00:45:24	1
58.	26	Gerry	Byrne	m	M50-59		00:09:55	49	00:00:52	00:23:37	79	30,4	00:00:45	00:10:23	00:45:35	2
59.	191	Stephen	Sheeran	m	M19-39		00:09:34	36	00:00:52	00:23:50	83	30,1	00:00:40	00:10:41	00:45:40	2
60.	38	Joe	Cosgrove	m	M40-49		00:10:22	71	00:00:48	00:22:03	38	32,6	00:00:39	00:11:49	00:45:42	2



Rank	Bib	Name	Last Name	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run 2	FINISH Time	Wave
61.	98	Grainne	Kelly	f	F19-39		00:10:48	96	00:00:36	00:22:31	48	31,9	00:00:36	00:11:14	00:45:47	1
62.	182	Darren	Rooney	m	M19-39		00:10:05	57	00:01:00	00:23:09	69	31,1	00:00:45	00:10:54	00:45:54	2
63.	43	Tim	Daly	m	M19-39		00:10:35	81	00:00:48	00:22:36	52	31,8	00:00:39	00:11:17	00:45:57	2
64.	153	Fergal	O' driscoll	m	M40-49	Belpark TC	00:10:21	69	00:00:44	00:23:25	75	30,7	00:00:38	00:10:48	00:45:57	1
65.	114	Eamon	Macfhionnlaicm	m	M50-59	Pulse TC	00:10:47	95	00:00:27	00:23:01	63	31,2	00:00:24	00:11:17	00:45:58	1
66.	135	John	O'leary	m	M50-59	Portmarnock TC	00:09:54	48	00:00:56	00:24:04	91	29,9	00:00:52	00:10:12	00:46:00	1
67.	132	Paul	Melinn	m	M40-49		00:10:42	86	00:00:43	00:22:34	50	31,8	00:01:09	00:10:52	00:46:01	2
68.	79	Sarah	Hawkshaw	f	F19-39	Portmarnock TC	00:10:20	67	00:00:37	00:23:17	71	30,9	00:00:35	00:11:12	00:46:03	1
69.	124	Paraic	Mc quaid	m	M40-49		00:10:10	59	00:00:39	00:23:03	64	31,2	00:00:41	00:11:30	00:46:04	2
70.	224	Kevin	Kehily	m	M40-49		00:10:30	78	00:00:32	00:23:44	80	30,3	00:00:20	00:11:01	00:46:09	2
71.	31	Phil	Clarke	m	M19-39	Portmarnock TC	00:10:52	103	00:00:36	00:22:39	54	31,7	00:00:33	00:11:30	00:46:13	1
72.	75	Cian	Griffin	m	M19-39	Portmarnock TC	00:10:10	60	00:00:49	00:23:46	82	30,2	00:00:45	00:10:45	00:46:16	1
73.	175	William	Purcell	m	M50-59	Trilogy Triathlon Club	00:10:32	79	00:00:46	00:22:41	55	31,7	00:01:27	00:10:51	00:46:18	2
74.	36	Alan	Conlon	m	M19-39		00:10:47	94	00:00:34	00:22:47	56	31,5	00:00:38	00:11:51	00:46:39	2
75.	128	Che	Mcgann	f	F19-39	Pulse TC	00:11:00	107	00:00:40	00:22:58	61	31,3	00:00:36	00:11:25	00:46:41	1
76.	47	Philip	Dempsey	m	M19-39		00:09:02	17	00:00:33	00:26:14	121	27,4	00:00:29	00:10:23	00:46:43	2
77.	2	Conor	Akintola	m	M19-39	Fingal TC	00:10:16	63	00:00:50	00:23:18	72	30,8	00:00:52	00:11:30	00:46:48	1
78.	87	Mike	Joyce	m	M19-39		00:09:53	47	00:00:25	00:24:21	100	29,5	00:00:46	00:11:24	00:46:51	2
79.	10	Alexandra	Birney	f	F40-49	Activmultisport TC	00:10:25	74	00:00:35	00:23:55	86	30,0	00:00:32	00:11:23	00:46:52	1
80.	186	Ruairi	Rynn	m	M19-39		00:10:27	76	00:00:47	00:23:19	74	30,8	00:00:50	00:11:32	00:46:57	2
81.	164	Louise	O'Reilly	f	F19-39	Portmarnock TC	00:10:26	75	00:00:36	00:23:56	88	30,0	00:00:30	00:11:29	00:46:59	1
82.	204	Olivier	Van parys	m	M40-49		00:10:39	84	00:01:06	00:23:44	81	30,3	00:00:43	00:10:51	00:47:07	2
83.	134	Gordon	Miggin	m	M40-49	Pulse TC	00:10:15	62	00:00:29	00:25:01	109	28,7	00:00:24	00:11:04	00:47:15	1
84.	133	Niall	Michel	m	M50-59	MHC	00:10:44	90	00:00:48	00:22:57	60	31,3	00:00:44	00:12:03	00:47:17	1
85.	29	Darragh	Carolan	m	M19-39		00:10:51	101	00:00:41	00:24:00	89	29,9	00:00:31	00:11:19	00:47:25	2
86.	160	Darragh	Oconnor	m	M40-49	Piranha TC	00:10:45	92	00:00:45	00:24:17	98	29,6	00:00:42	00:10:57	00:47:29	1
87.	206	Fergus	Walsh	m	M40-49	Pulse TC	00:11:31	120	00:00:45	00:20:57	20	34,3	00:01:41	00:12:36	00:47:32	1
88.	49	Bert	Depla	m	M40-49	Pulse TC	00:11:36	123	00:00:52	00:22:31	49	31,9	00:00:36	00:11:57	00:47:34	1
89.	15	Ciara	Brady	f	F12-18	Virginia Triathlon and Cycling	00:09:57	52	00:00:29	00:25:57	118	27,7	00:00:23	00:10:53	00:47:41	1
90.	103	Caroline	Kirby	f	F19-39	MHC	00:10:49	98	00:00:47	00:24:07	92	29,8	00:00:38	00:11:20	00:47:44	1
91.	77	Martin	Grymel	m	M19-39		00:10:21	70	00:00:31	00:24:58	108	28,8	00:00:22	00:11:34	00:47:49	2
92.	69	Wini	Gallagher	f	F40-49	Piranha TC	00:10:20	68	00:00:36	00:25:25	114	28,3	00:00:47	00:10:40	00:47:49	1



Rank	Bib	Name	Last Name	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run 2	FINISH Time	Wave
93.	223	Mark	Moran	m	M19-39		00:10:49	97	00:00:23	00:24:13	94	29,7	00:00:23	00:12:10	00:47:59	2
94.	65	Ronan	Flynn	m	M19-39	3D TC	00:10:43	88	00:00:43	00:24:50	107	28,9	00:00:25	00:11:17	00:48:00	1
95.	155	Deirdre	O Malley	f	F40-49	Portmarnock TC	00:10:45	91	00:00:50	00:23:06	66	31,1	00:01:15	00:12:08	00:48:06	1
96.	151	Oisín	O Briain	m	M40-49	Naas TC	00:10:39	83	00:00:45	00:23:09	70	31,0	00:00:56	00:12:43	00:48:14	1
97.	120	Martin	Maycock	m	M19-39	Pulse TC	00:10:47	93	00:00:42	00:24:17	97	29,6	00:00:39	00:11:51	00:48:18	2
98.	19	Conor	Buckley	m	M40-49		00:10:52	102	00:01:08	00:24:26	102	29,4	00:00:36	00:11:16	00:48:20	2
99.	111	Jennifer	Lyons	f	F40-49		00:11:22	114	00:00:37	00:22:59	62	31,3	00:01:38	00:11:50	00:48:29	2
100.	73	John	Goodall	m	M19-39	Pulse TC	00:11:10	110	00:00:27	00:24:20	99	29,5	00:00:32	00:12:09	00:48:41	1
101.	16	Sean	Brett	m	M40-49		00:11:28	117	00:00:53	00:23:52	84	30,1	00:00:47	00:11:47	00:48:50	2
102.	180	Joanne	Reilly	f	F19-39	Pulse TC	00:11:45	125	00:00:29	00:23:19	73	30,8	00:00:35	00:12:41	00:48:52	1
103.	48	Gary	Denner	m	M40-49		00:10:33	80	00:01:02	00:24:24	101	29,5	00:01:29	00:11:25	00:48:55	2
104.	67	Eoghan	Fox	m	M19-39		00:11:17	112	00:00:54	00:23:31	76	30,6	00:01:01	00:12:11	00:48:56	2
105.	201	Peter	Turner	m	M40-49		00:10:24	73	00:00:47	00:24:48	106	29,0	00:01:13	00:11:56	00:49:10	2
106.	99	Cormac	Kenny	m	M19-39		00:10:00	56	00:00:38	00:26:44	129	26,9	00:00:27	00:11:20	00:49:11	2
107.	169	Susanne	Pfaeffli	f	F40-49		00:12:06	134	00:00:32	00:24:10	93	29,7	00:00:30	00:12:03	00:49:23	2
108.	173	Alan	Price	m	M40-49		00:11:30	119	00:01:15	00:23:35	77	30,5	00:01:04	00:12:33	00:49:58	2
109.	213	Jimmy	Courtney	m	M50-59		00:10:37	82	00:00:26	00:27:45	140	25,9	00:00:22	00:10:52	00:50:04	2
110.	76	Tom	Grills	m	M19-39		00:10:41	85	00:01:03	00:25:04	111	28,7	00:00:46	00:12:43	00:50:18	2
111.	181	Hilda	Robinson	f	F19-39		00:11:29	118	00:00:29	00:26:27	124	27,2	00:00:21	00:11:38	00:50:26	2
112.	189	Brendan	Shaw	m	M40-49		00:11:59	131	00:00:31	00:25:06	113	28,6	00:00:39	00:12:14	00:50:30	2
113.	66	David	Fogarty	m	M19-39		00:10:51	100	00:00:43	00:26:28	125	27,1	00:00:51	00:11:38	00:50:33	2
114.	117	Mark	Mandarano	m	M50-59		00:10:55	105	00:01:13	00:24:35	105	29,2	00:01:04	00:12:46	00:50:34	2
115.	86	Anna	Johnston	f	F12-18	Armagh Pike Kickers	00:10:42	87	00:00:21	00:27:04	131	26,5	00:00:20	00:12:07	00:50:37	1
116.	89	Karen	Kavanagh	f	F40-49		00:10:54	104	00:00:54	00:26:39	128	27,0	00:00:37	00:11:34	00:50:40	1
117.	95	Erica	Keegan	f	F19-39	Pulse TC	00:11:44	124	00:00:34	00:26:15	122	27,4	00:00:26	00:11:39	00:50:40	1
118.	205	Eimeir	Walsh	f	F19-39		00:11:05	108	00:00:51	00:25:55	117	27,7	00:00:37	00:12:11	00:50:41	2
119.	222	Ronan	Cunningham	m	M40-49		00:11:55	129	00:00:48	00:25:04	112	28,7	00:00:40	00:12:13	00:50:42	2
120.	109	John	Lord	m	M19-39	Cavan TC	00:12:36	143	00:00:26	00:21:34	30	33,3	00:00:36	00:15:48	00:51:02	1
121.	18	Michael	Brett	m	M40-49	Pulse TC	00:12:01	133	00:00:41	00:24:27	103	29,4	00:00:35	00:13:18	00:51:05	1
122.	113	Lucy	MacAuley	f	F19-39	Piranha TC	00:11:35	122	00:00:27	00:27:31	137	26,1	00:00:24	00:12:04	00:52:03	1
123.	125	Stephen	Mccaffery	m	M40-49		00:11:49	127	00:00:45	00:25:32	115	28,1	00:00:32	00:13:38	00:52:18	2
124.	32	Stephen	Cleary	m	M19-39		00:12:07	135	00:00:46	00:25:02	110	28,7	00:00:24	00:14:05	00:52:25	2



Rank	Bib	Name	Last Name	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run 2	FINISH Time	Wave
125.	115	Colum	Maddox	m	M40-49		00:11:09	109	00:00:46	00:27:30	136	26,1	00:00:43	00:12:17	00:52:27	2
126.	4	Mairéad	Baker	f	F19-39		00:12:16	137	00:00:30	00:26:28	126	27,1	00:00:26	00:12:53	00:52:35	2
127.	147	Majella	Ní Chríocháin	f	F50-59		00:12:00	132	00:00:39	00:27:08	132	26,5	00:00:33	00:12:29	00:52:52	2
128.	56	Gillian	Errity	f	F19-39		00:11:33	121	00:00:29	00:27:52	141	25,8	00:00:29	00:12:33	00:52:57	2
129.	198	Kevin	Synnott	m	M19-39	Activmultisport TC	00:12:16	136	00:00:48	00:24:30	104	29,3	00:00:37	00:15:12	00:53:24	1
130.	197	Paul	Sullivan	m	M50-59		00:12:16	138	00:00:58	00:26:01	119	27,6	00:01:05	00:13:13	00:53:36	2
131.	55	Zoe	Duggan	f	F19-39		00:11:53	128	00:00:51	00:26:58	130	26,6	00:01:23	00:12:42	00:53:49	2
132.	80	Liam	Hennelly	m	M19-39		00:12:32	142	00:00:45	00:25:45	116	27,9	00:00:48	00:13:59	00:53:52	2
133.	185	Leah	Russell	f	F19-39	Activmultisport TC	00:12:21	139	00:00:38	00:27:17	133	26,3	00:00:52	00:13:00	00:54:11	1
134.	1	Pj	Ahern	m	M19-39		00:11:23	116	00:00:34	00:27:35	138	26,0	00:00:23	00:14:13	00:54:11	2
135.	52	Kevin	Dillon	m	M40-49		00:10:57	106	00:00:33	00:29:23	152	24,5	00:00:36	00:12:54	00:54:25	2
136.	24	Ailish	Byrne	f	F40-49	Wicklow TC	00:12:40	146	00:00:32	00:28:20	143	25,4	00:00:27	00:12:29	00:54:30	1
137.	163	Sandra	O'Neill	f	F19-39		00:11:20	113	00:01:03	00:28:51	146	24,9	00:01:02	00:12:17	00:54:34	2
138.	45	Andrew	Davis	m	M19-39		00:11:22	115	00:00:45	00:28:54	148	24,9	00:01:14	00:12:17	00:54:34	2
139.	143	Gavin	Murray	m	M40-49	Belpark TC	00:12:52	148	00:00:36	00:27:36	139	26,0	00:00:26	00:13:05	00:54:37	1
140.	172	Clinton	Pratt	m	M40-49	Cavan TC	00:12:23	141	00:00:53	00:26:32	127	27,1	00:00:56	00:13:53	00:54:38	1
141.	20	Mike	Burke	m	M60-69	Pulse TC	00:13:55	158	00:01:22	00:24:01	90	29,9	00:01:18	00:14:38	00:55:17	1
142.	8	Leona	Birmingham	f	F40-49		00:12:22	140	00:01:01	00:28:34	144	25,2	00:00:55	00:12:34	00:55:27	2
143.	3	Sophie	Ascione	f	F19-39	Belpark TC	00:13:33	157	00:00:57	00:26:04	120	27,6	00:00:58	00:14:15	00:55:49	1
144.	129	Emma	McGrane	f	F40-49		00:11:58	130	00:00:53	00:28:51	147	24,9	00:00:44	00:13:35	00:56:03	2
145.	116	Dermot	Malone	m	M40-49		00:12:43	147	00:00:33	00:28:07	142	25,5	00:00:32	00:14:10	00:56:07	2
146.	68	Jessica	Furling	f	F19-39		00:12:55	152	00:00:37	00:28:37	145	25,1	00:00:26	00:13:37	00:56:15	2
147.	138	Hayley	Moore	f	F19-39	Activmultisport TC	00:12:52	149	00:00:39	00:29:08	150	24,7	00:00:27	00:13:50	00:56:58	1
148.	226	Aoife	Sullivan	f	F19-39		00:11:48	126	00:00:55	00:29:48	154	24,1	00:00:41	00:13:50	00:57:03	2
149.	5	Mai	Barrett	f	F40-49		00:12:39	145	00:00:35	00:30:02	156	23,9	00:00:30	00:13:19	00:57:07	2
150.	217	Paddy	Price	m	M19-39		00:10:50	99	00:00:30	00:30:02	155	23,9	00:00:46	00:15:06	00:57:16	2
151.	71	Jill	Geoghegan	f	F50-59		00:12:56	153	00:00:34	00:31:04	157	23,1	00:00:22	00:13:13	00:58:11	2
152.	90	Niamh	Kavanagh	f	F19-39		00:13:21	154	00:00:50	00:28:57	149	24,8	00:00:51	00:14:51	00:58:51	2
153.	41	Garry	Cummins	m	M50-59		00:13:26	155	00:01:35	00:29:23	151	24,5	00:01:30	00:14:23	01:00:19	2
154.	187	Laurence	Santillo	f	F40-49		00:14:47	161	00:00:42	00:27:30	135	26,1	00:00:51	00:16:56	01:00:48	2
155.	200	Niccolo	Turetta	m	M19-39		00:12:38	144	00:00:26	00:29:24	153	24,4	00:00:25	00:18:26	01:01:21	2
156.	140	Sinead	Morrissey	f	F19-39		00:14:31	159	00:00:31	00:31:31	158	22,8	00:00:22	00:14:55	01:01:52	2

Rank	Bib	Name	Last Name	Sex	Age Cat	Club	Run	Pos	T1	Cycle	Pos	Km/hr	T2	Run 2	FINISH Time	Wave
157.	145	Eva	Nagle	f	F19-39		00:12:54	151	00:00:33	00:33:21	163	21,5	00:00:30	00:15:23	01:02:44	2
158.	162	Johnny	O'mahony	m	M19-39		00:12:54	150	00:00:35	00:33:20	162	21,5	00:00:30	00:15:23	01:02:44	2
159.	64	Louise	Flood	f	F19-39	Activmultisport TC	00:14:40	160	00:00:49	00:31:42	160	22,7	00:00:29	00:16:24	01:04:06	1
160.	188	Olivia	Scott	f	F40-49		00:15:14	163	00:00:56	00:31:49	161	22,6	00:01:41	00:15:14	01:04:56	2
161.	211	Ben	White	m	M40-49		00:15:14	164	00:01:05	00:31:39	159	22,7	00:01:41	00:15:15	01:04:56	2
162.	105	Amy	Kruzan	f	F19-39		00:15:08	162	00:00:42	00:34:09	164	21,0	00:01:38	00:15:35	01:07:13	2
163.	176	Mary	Quirke	f	F40-49		00:11:12	111	00:01:53	00:26:24	123	27,2	00:00:51	00:26:56	01:07:18	2
164.	46	Louise	Delaney	f	F19-39		00:13:29	156	00:00:46	00:27:29	134	26,1	00:01:01	00:24:33	01:07:19	2
	170	Audrey	Phelan	f	F40-49	Piranha TC	00:12:11	167	00:00:40	00:26:37	165	27,0	00:00:37		DNF	1
	184	Rahul	Roy	m	M19-39		00:09:33	165	00:00:23		-1				DNF	2
	227	Conor	Cahill	m	M40-49		00:11:32	166	00:00:46		-1				DNF	2

Number of records: 167

Results are Provisional until confirmed, Full Results on [www.coretiming.ie](http://www.coretiming.ie)

