Blackwater Triathlon Club

2009-10 Senior Series Triathlon - 6th June-2010

Distances : Swim 400m, Bike 12k, Run 5k

pos	Name	swim start	swim finish	Swim Time	Bike In	Bike Time	Run In	Run Time	Total time	Notes
1	**Barry Dalton**	00:14:00	00:19:30	00:05:30	00:40:55	00:21:25	00:59:37	00:18:42	00:45:37	
2	**James H-J**	00:08:00	00:14:49	00:06:49	00:37:46	00:22:57	00:58:16	00:20:30	00:50:16	
3	**Paul Stevens**	00:09:00	00:15:35	00:06:35	00:38:11	00:22:36	00:59:20	00:21:09	00:50:20	pb
4	**Emma Stevens**	00:09:00	00:15:07	00:06:07	00:38:57	00:23:50	01:01:25	00:22:28	00:52:25	
5	**Dave Gibson**	00:08:00	00:14:52	00:06:52	00:38:10	00:23:18	01:01:26	00:23:16	00:53:26	
6	**Dave Pashley**	00:00:00	00:07:16	00:07:16	00:30:05	00:22:49	00:53:54	00:23:49	00:53:54	pb
7	**Dave Southgate**	00:00:10	00:07:09	00:06:59	00:29:57	00:22:48	00:55:19	00:25:22	00:55:09	
8	**Tom Duhrson**	00:00:00	00:07:18	00:07:18	00:33:22	00:26:04	00:56:10	00:22:48	00:56:10	
9	**Liz Finn**	00:00:00	00:07:30	00:07:30	00:32:27	00:24:57	00:58:37	00:26:10	00:58:37	pb
	Aquathon									
1	**Lorraine**	0:10:30	0:19:18	0:08:48			0:53:03	0:33:45	0:42:33	
2	**Annette Corby**	0:00:00	0:09:32	0:09:32			0:43:49	0:34:17	0:43:49	
	Tracy	00:08:00	00:16:25	0:08:25			00:34:48	0:18:23	0:26:48	1 lap run
	Steve Finn	00:00:10	00:09:55	0:09:45	00:33:59	00:24:04			00:33:49	swim bike only