

Blackwater Triathlon Club
2009-10 Senior Series Triathlon - April-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
1	Andy Jopson	00:09:00	00:14:54	00:05:54	00:36:30	00:21:36	00:55:44	00:19:14	00:46:44
2	Dave Southgate	00:02:00	00:09:12	00:07:12	00:35:27	00:26:15	01:00:36	00:25:09	00:58:36
3	Steve C	00:00:10	00:10:25	00:10:15	00:37:03	00:26:38	01:01:43	00:24:40	01:01:33
4	Danni E	00:00:10	00:07:13	00:07:03	00:38:06	00:30:53	01:02:01	00:23:55	01:01:51
5	Colin Corby	00:02:00	00:08:12	00:06:12	00:36:44	00:28:32	01:05:03	00:28:19	01:03:03
6	Mike F	00:00:10	00:07:56	00:07:46	00:35:54	00:27:58	01:04:24	00:28:30	01:04:14
7	Liz C	00:00:00	00:06:51	00:06:51	00:40:50	00:33:59	01:09:25	00:28:35	01:09:25
8	Stuart A	00:00:00	00:11:47	00:11:47	00:44:19	00:32:32	01:13:58	00:29:39	01:13:58
				00:00:00		00:00:00		00:00:00	00:00:00
	Emma Springham	00:00:00	00:07:24	00:07:24	00:39:14	00:31:50	00:58:41	00:19:27	00:58:41
				00:00:00		00:00:00		00:00:00	00:00:00
	Nikki	00:08:00	00:14:20	00:06:20	00:42:09	00:27:49			00:34:09

Notes
1 lap run
Swim Bike Only