

Try A Tri

Results are Provisional until confirmed, Full Results on www.coretiming.ie

Rank	Bib	Name Last	Sex	Age	Age	Club	Swim	Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Km/hr	Gap	Finish	Gun
1.	280	Richard O'Brien	m	M30-34		Blackwater	00:03:00	00:37:01	1.	32,4	00:01:20	00:22:53	2.	13,1	-			01:08:00	
2.	5000	Des Ryan	m	M35-39			01:41:16	00:40:34	2.	29,5		02:24:28	34.	2,0	+0:00			01:10:38	
3.	314	John O mahony	m	M45-49			00:03:20	00:43:26	5.	27,6	00:01:52	00:21:47	1.	13,7	+0:00			01:13:41	
4.	283	David Towey	m	M45-49	1.	Blackwater	00:02:38	00:43:02	3.	27,8	00:01:04	00:23:40	3.	12,6	+0:00			01:14:19	
5.	310	Denis Healy	m	M30-34	1.		00:02:46	00:43:38	7.	27,5	00:01:49	00:23:54	4.	12,5	+0:00			01:15:29	
6.	287	Sean Barrett	m	M16-19	1.	Cork TC	00:02:20	00:43:17	4.	27,7	00:01:49	00:29:32	10.	10,1	+0:00			01:20:26	
7.	289	Thomas Cliffe	m	M35-39	1.	South Coast	00:02:07	00:43:33	6.	27,5	00:01:38	00:29:48	12.	10,0	+0:00			01:21:31	
8.	292	Ted Kelly	m	M35-39	2.	South Coast	00:02:54	00:49:17	11.	24,3	00:01:26	00:27:37	7.	10,8	+0:00			01:25:04	
9.	282	Bernard Kiernan	m	M40-44	1.	Blackwater	00:02:38	00:47:02	9.	25,5	00:02:08	00:30:51	13.	9,7	+0:00			01:25:53	
10.	315	Caitrin De Bhal	f	F35-39			00:02:40	00:50:46	14.	23,6	00:01:27	00:29:44	11.	10,0	+0:00			01:27:56	
11.	311	Shelly McAteer	f	F30-34			00:02:22	00:53:51	19.	22,2	00:01:17	00:27:35	6.	10,8	+0:00			01:28:55	
12.	309	Joan Lehane	f	F45-49			00:02:38	00:46:56	8.	25,5	00:02:08	00:34:15	22.	8,7	+0:00			01:29:37	
13.	296	Brendan O' Gorman	m	M45-49	2.		00:03:44	00:48:47	10.	24,5	00:02:39	00:31:21	14.	9,5	+0:00			01:30:34	
14.	294	Colette O regan	f	F50-54	1.	West Cork	00:05:43	00:51:33	15.	23,2	00:01:28	00:29:27	9.	10,1	+0:00			01:32:42	
15.	316	Des Walsh	m	M55-59	1.		00:04:32	00:49:35	13.	24,1	00:01:33	00:33:34	18.	8,9	+0:00			01:33:06	
16.	284	Eileen Russell	f	F40-44	1.	Cobh TC	00:03:26	00:53:04	17.	22,6	00:02:15	00:31:45	15.	9,4	+0:00			01:35:01	
17.	308	Michael Flynn	m	M45-49	3.		00:04:48	00:58:46	31.	20,4	00:01:50	00:26:28	5.	11,3	+0:00			01:35:50	
18.	321	Pat Dunlea	m	M55-59	2.	Blackwater	00:06:13	00:49:25	12.	24,2	00:02:31	00:33:52	21.	8,8	+0:00			01:36:01	
19.	303	Máire Blount	f	F20-24	1.		00:03:47	00:54:16	21.	22,1	00:01:26	00:33:48	19.	8,8	+0:00			01:37:01	
20.	281	Amanda Lenihan	f	F25-29	1.	Blackwater	00:03:28	00:54:06	20.	22,1	00:03:47	00:32:22	16.	9,2	+0:00			01:37:35	
21.	307	Rachel Cronin	f	F30-34	1.		00:02:43	00:54:22	22.	22,0	00:01:41	00:36:13	23.	8,2	+0:00			01:38:52	
22.	295	Marjorie Connolly	f	F50-54	2.	West Cork	00:09:04	00:58:27	30.	20,5	00:02:26	00:27:53	8.	10,7	+0:00			01:42:04	
23.	302	Claudia O'Keeffe	f	F35-39	1.		00:05:23	00:57:32	26.	20,8	00:01:59	00:33:03	17.	9,0	+0:00			01:42:52	
24.	285	Martin Duggan	m	M30-34	2.	Cork TC	00:05:17	00:58:04	28.	20,6	00:02:25	00:33:52	20.	8,8	+0:00			01:43:20	
25.	291	Mark Bevan	m	M45-49	4.	South Coast	00:03:32	00:53:24	18.	22,4	00:02:48	00:41:13	29.	7,2	+0:00			01:44:24	
26.	293	Dolores Bevan	f	F45-49	1.	South Coast	00:04:03	00:55:25	23.	21,6	00:02:56	00:37:56	25.	7,9	+0:00			01:44:25	
27.	305	Daniella Crotty	f	F20-24	2.		00:03:58	00:58:24	29.	20,5	00:01:59	00:40:15	28.	7,4	+0:00			01:48:13	
28.	299	Emma O'Reilly	f	F35-39	2.		00:04:22	00:56:45	24.	21,1	00:03:01	00:39:43	27.	7,5	+0:00			01:48:27	
29.	306	Therese Mc hugh	f	F55-59	1.		00:03:49	00:59:18	32.	20,2	00:02:43	00:38:44	26.	7,7	+0:00			01:49:03	
30.	286	Joanne Dawson	f	F45-49	2.	Cork TC	00:04:29	01:02:45	34.	19,1	00:02:06	00:37:14	24.	8,0	+0:00			01:50:32	
31.	274	Gerry Crowley	m	M60	1.	West Cork	00:07:22	00:52:46	16.	22,7	00:06:48	00:42:10	30.	7,1	+0:00			01:53:10	
32.	300	Anne Furlong	f	F45-49	3.		00:04:43	00:56:52	25.	21,1	00:02:45	00:45:22	32.	6,6	+0:00			01:54:00	

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Rank	Bib	Name Last	Sex	Age	Age	Club	Swim Pos	T1	Cycle	Pos	Km/hr	T2	Run	Pos	Km/hr	Gap	Finish	Gun
33.	301	Sharon Morrison	f	F45-49	4.			00:05:22	01:00:31	33.	19,8	00:02:05	00:42:17	31.	7,0	+0:00		01:55:15
34.	304	Noah Coleman	m	M16-19	2.			00:02:48	00:57:52	27.	20,7	00:01:12	01:00:04	33.	4,9	+0:00		02:04:51
	323	Catriona Wallace	f	F40-44														
	313	Deirdre O'Malley	f	F40-44														
	312	Julie Mc Carthy	f	F35-39														
	298	Kerry Vernon	m	M25-29														
	290	Martin Collier	m	M40-44		South Coast												
	288	Feena Tobin	f	F30-34		Mallow TC												

Number of records: 40