

All races Irish

Pos	Athlete	Gender	Total	Pace(min/100m)	#S	T1	#T	Run	Pace(min/km)	#R	Chip Time
1	Barry Egan	M	0:19:30	2:04	7	0:01:30	5	0:17:22	3:37	1	0:38:21
2	James Lally	M	0:16:52	1:47	1	0:01:42	8	0:21:58	4:34	6	0:40:30
3	Mike Edwards	M	0:18:38	1:59	3	0:01:41	7	0:20:26	4:15	2	0:40:45
4	Paul Mitchell	M	0:19:19	2:03	5	0:01:16	3	0:20:45	4:19	4	0:41:19
5	Michael McHugh	M	0:17:56	1:54	2	0:01:15	2	0:22:21	4:39	7	0:41:31
6	John Kenwright	M	0:19:31	2:04	8	0:01:31	6	0:20:37	4:17	3	0:41:38
7	Peter Crowe	M	0:19:29	2:04	6	0:02:07	10	0:21:11	4:24	5	0:42:47
8	Cian Gavin	M	0:18:49	2:00	4	0:01:29	4	0:24:09	5:02	9	0:44:26
9	Karen King	F	0:19:39	2:05		0:01:45		0:26:42	5:33		0:48:06
10	Niamh Whelan	F	0:21:47	2:19	10	0:02:17	11	0:26:14	5:28	10	0:50:17
11	Aidan Clarke	M	0:26:22	2:48		0:00:45		0:23:19	4:51		0:50:26
12	Jenny Lawler	F									

All races Dryx

Pos	Athlete	Gender	Total	Pace(min/100m)	#S	T1	#T	Run	Pace(min/km)	#R	Chip Time
1	Patrick Baron	M	0:14:30	1:32	1	0:01:00	2	0:19:31	4:03	2	0:35:00
2	Nicholas Berry	M	0:16:30	1:45	2	0:01:13	4	0:20:06	4:11	3	0:37:48
3	Reuben Leblanc	M	0:16:30	1:45	3	0:01:10	3	0:20:22	4:14	4	0:38:02
4	Xavier Leblanc	M	0:19:26	2:04	7	0:00:54	1	0:18:56	3:56	1	0:39:16
5	Daniela Sposi	F	0:16:53	1:47	4	0:01:45	10	0:23:14	4:50	6	0:41:52
6	Gilles Leblanc	M	0:18:13	1:56	5	0:01:51	12	0:22:00	4:35	5	0:42:03
7	Lyndall Jensen	F	0:18:36	1:58	6	0:01:30	7	0:25:10	5:14	10	0:45:15
8	Darren Stubing	M	0:20:23	2:10	8	0:01:19	6	0:25:28	5:18	11	0:47:09
9	Clement Do Van	M	0:22:00	2:20	9	0:02:16	14	0:24:18	5:03	8	0:48:33
10	April Leblanc	F	0:23:18	2:28	11	0:01:16	5	0:24:07	5:01	7	0:48:41
11	Yves Jakmakjian	M	0:23:40	2:31	12	0:01:38	8	0:26:29	5:31	12	0:51:46
12	Hatem Elsafty	M	0:22:21	2:22	10	0:01:43	9	0:29:30	6:08	14	0:53:33
13	Mo Eraky	M	0:24:34	2:36	13	0:01:53	13	0:28:34	5:57	13	0:55:00
14	Wei Sui	M	0:27:48	2:57	15	0:02:28	15	0:25:02	5:13	9	0:55:17
15	Katrina Southwood	F	0:24:43	2:37	14	0:01:51	11	0:33:06	6:53	15	0:59:39

All races TriClub

Pos	Athlete	Gender	Total	Pace(min/100m)	#S	T1	#T	Run	Pace(min/km)	#R	Chip Time
1	Gemma Emslie	F	0:17:57	1:54	1	0:01:54	1	0:30:01	6:15	1	0:49:52
2	Hesham Yousry	M	0:26:38	2:50	2	0:02:15	2	0:32:00	6:40	2	1:00:53

All races TriClub

Pos	Athlete	Gender	Total	Pace(min/100m)	#S	T1	#T	Run	Pace(min/km)	#R	Chip Time
3	Zahra Salehpour	F									