



Race: TRIATHLON 3ος Αγώνας Πρωταθλήματος

Date: 17/10/04

Venue: ΛΕΜΕΣΟΣ

TRIATHLON

| PLACE | place in div | RACE No. | NAME | div | SWIM | SWIM PER 100M | SWIM PLACE | BIKE SPLIT | BIKE SPLIT Km/H | BIKE SPLIT PLACE | BIKE CUM TIME | BIKE CUM PLACE | RUN SPLIT | RUN SPLIT min/Km | RUN SPLIT PLACE | FINAL TIME |
|-------|--------------|----------|-------------------|-----|---------|---------------|------------|------------|-----------------|------------------|---------------|----------------|-----------|------------------|-----------------|------------|
| 1 | 1/8 | 7 | Darren Cole | OM | 0:25:38 | 0:01:43 | 2 | 1:08:31 | 35,03 | 1 | 1:34:09 | 1 | 0:43:59 | 0:04:24 | 2 | 2:18:08 |
| 2 | 2/8 | 2 | Κύπρος Νικολάου | OM | 0:23:07 | 0:01:32 | 1 | 1:18:39 | 30,51 | 5 | 1:41:46 | 2 | 0:45:41 | 0:04:34 | 4 | 2:27:27 |
| 3 | 3/8 | 4 | Dan Hayes | OM | 0:31:37 | 0:02:06 | 9 | 1:16:39 | 31,31 | 2 | 1:48:16 | 6 | 0:40:50 | 0:04:05 | 1 | 2:29:06 |
| 4 | 1/3 | 3 | Paul Hardisty | MM | 0:27:36 | 0:01:50 | 7 | 1:17:55 | 30,80 | 4 | 1:45:31 | 4 | 0:44:03 | 0:04:24 | 3 | 2:29:34 |
| 5 | 1/1 | 6 | Bev Childs | WM | 0:25:42 | 0:01:43 | 3 | 1:16:54 | 31,21 | 3 | 1:42:36 | 3 | 0:52:39 | 0:05:16 | 5 | 2:35:15 |
| 6 | 2/3 | 8 | Τάκης Νταής | MM | 0:27:41 | 0:01:51 | 8 | 1:19:39 | 30,13 | 6 | 1:47:20 | 5 | 0:53:40 | 0:05:22 | 6 | 2:41:00 |
| 7 | 3/3 | 5 | Haldane Van Horen | MM | 0:26:44 | 0:01:47 | 4 | 1:21:44 | 29,36 | 7 | 1:48:28 | 7 | 1:02:54 | 0:06:17 | 8 | 2:51:22 |
| 8 | 7/8 | 1 | Κύπρος Τσουλούπας | OM | 0:27:33 | 0:01:50 | 5 | 1:28:27 | 27,13 | 9 | 1:56:00 | 9 | 1:02:29 | 0:06:15 | 7 | 2:58:29 |
| 9 | 8/8 | 9 | Μάριος Νικολάου | OM | 0:27:34 | 0:01:50 | 6 | 1:28:24 | 27,15 | 8 | 1:55:58 | 8 | ---- | ---- | ---- | DNF |

TRY-TRI 300/10/2,5

| PLACE | place in div | RACE No. | NAME | div | SWIM | SWIM PER 100M | SWIM PLACE | BIKE SPLIT | BIKE SPLIT Km/H | BIKE SPLIT PLACE | BIKE CUM TIME | BIKE CUM PLACE | RUN SPLIT | RUN SPLIT min/Km | RUN SPLIT PLACE | FINAL TIME |
|-------|--------------|----------|---------------------|-----|---------|---------------|------------|------------|-----------------|------------------|---------------|----------------|-----------|------------------|-----------------|------------|
| 1 | 1/3 | 16 | Ορέστης Νικολάου | MJB | 0:04:17 | 0:01:26 | 1 | 0:23:12 | 25,86 | 1 | 0:27:29 | 1 | 0:12:58 | 0:05:11 | 1 | 0:40:27 |
| 2 | 1/1 | 15 | Νεοπτόλεμος Ιωάννου | MM | 0:07:42 | 0:02:34 | 5 | 0:25:18 | 23,72 | 2 | 0:33:00 | 2 | 0:14:40 | 0:05:52 | 5 | 0:47:40 |
| 3 | 2/3 | 19 | Zachary Hardisty | MJB | 0:06:15 | 0:02:05 | 3 | 0:31:44 | 18,91 | 4 | 0:37:59 | 3 | 0:14:17 | 0:05:43 | 3 | 0:52:16 |
| 4 | 3/3 | 18 | Heidi Hardisty | WM | 0:06:18 | 0:02:06 | 4 | 0:31:43 | 18,92 | 3 | 0:38:01 | 4 | 0:14:17 | 0:05:43 | 3 | 0:52:18 |
| 5 | 1/1 | 20 | Gabriel Warren * | MJB | 0:04:49 | 0:01:36 | 2 | 0:33:34 | 17,87 | 5 | 0:38:23 | 5 | 0:13:20 | 0:05:20 | 2 | 0:52:23 |

* (0:51:43 + 0:00:40) PENALTY