



Cyprus Triathlon Federation

Race: SPRINT TRIATHLON race 3
 Date: 19/9/10
 Venue: Larnaca

POS	PLACE in DIV	RACE No.	NAME	COUNTRY / CLUB	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	1/12	27	George SOFOCLEOUS	Kyrenia Nautical Club	OM	00:12:27	00:01:40	1	00:32:18	37.15	1	00:44:45	1	00:25:23	00:05:05	7	01:10:08
2	2/12	25	Christos CHRISTODOULOU	Famagusta Nautical Club	OM	00:14:04	00:01:53	4	00:35:09	34.14	4	00:49:13	4	00:22:20	00:04:28	3	01:11:33
3	1/1	32	Marcos SPYRIDES	Famagusta Nautical Club	MJB	00:13:33	00:01:48	3	00:35:05	34.20	3	00:48:38	3	00:23:56	00:04:47	5	01:12:34
4	3/12	29	Klearchos PETKAKIS	Famagusta Nautical Club	OM	00:12:45	00:01:42	2	00:34:19	34.97	2	00:47:04	2	00:25:41	00:05:08	8	01:12:45
5	1/6	40	Steve TOMLISSON	K1 Triathlon Club	MM	00:16:36	00:02:13	12	00:37:51	31.70	12	00:54:27	11	00:19:33	00:03:55	1	01:14:00
6	4/12	34	Michalis ALEXANDRAKIS	Famagusta Nautical Club	OM	00:14:16	00:01:54	5	00:37:41	31.84	11	00:51:57	6	00:22:41	00:04:32	4	01:14:38
7	5/12	28	Grant WESTER	Visitor	OM	00:17:26	00:02:19	16	00:35:16	34.03	6	00:52:42	7	00:22:13	00:04:27	2	01:14:55
8	2/6	33	Martin WEISS	Nireas Triathlon Club	MM	00:15:00	00:02:00	6	00:35:14	34.06	5	00:50:14	5	00:26:09	00:05:14	11	01:16:23
9	6/12	35	Neophytos NEOPHYTOU	Famagusta Nautical Club	OM	00:16:58	00:02:16	15	00:36:13	33.13	7	00:53:11	9	00:24:45	00:04:57	6	01:17:56
10	7/12	20	Alexandros DIOGENOUS	Triathlon Club Nireas	OM	00:15:42	00:02:06	9	00:37:01	32.42	9	00:52:43	8	00:26:21	00:05:16	12	01:19:04
11	8/12	37	Nicos IOSIF	Kyrenia Nautical Club	OM	00:16:11	00:02:09	11	00:37:04	32.37	10	00:53:15	10	00:28:10	00:05:38	14	01:21:25
12	9/12	31	Marios NICOLAOU	Triathlon Club Nireas	OM	00:15:07	00:02:01	7	00:39:59	30.01	15	00:55:06	12	00:27:49	00:05:34	13	01:22:55
13	3/6	21	Alvaro BONILLA	Triathlon Club Nireas	MM	00:17:32	00:02:20	17	00:41:03	29.23	17	00:58:35	16	00:26:01	00:05:12	10	01:24:36
14	10/12	23	Aristo IRZINSKY	Triathlon Club Nireas	OM	00:16:38	00:02:13	13	00:40:21	29.74	16	00:56:59	13	00:29:18	00:05:52	18	01:26:17
15	1/3	41	Susan WEISS	Nireas Triathlon Club	WM	00:19:42	00:02:38	20	00:38:49	30.91	13	00:58:31	15	00:28:22	00:05:40	16	01:26:53
16	11/12	38	Panayiotis PANAYIOTOU	Kyrenia Nautical Club	OM	00:24:53	00:03:19	22	00:36:43	32.68	8	01:01:36	21	00:25:46	00:05:09	9	01:27:22
17	2/3	22	Andri POYIATZI	Triathlon Club Nireas	WM	00:16:55	00:02:15	14	00:42:21	28.34	18	00:59:16	18	00:29:20	00:05:52	19	01:28:36
18	4/6	42	Thales PANAGIDES	Famagusta Nautical Club	MM	00:20:32	00:02:44	21	00:39:57	30.04	14	01:00:29	19	00:28:14	00:05:39	15	01:28:43
19	12/12	43	Victor DEBASS	Triathlon Club Nireas	OM	00:18:08	00:02:25	19	00:42:59	27.92	21	01:01:07	20	00:28:39	00:05:44	17	01:29:46
20	5/6	30	Kypros TSOULOUPAS	Famagusta Nautical Club	MM	00:15:32	00:02:04	8	00:42:22	28.32	19	00:57:54	14	00:34:37	00:06:55	21	01:32:31
21	6/6	24	Bambos SPANOUDES	Triathlon Club Nireas	MM	00:16:08	00:02:09	10	00:42:36	28.17	20	00:58:44	17	00:33:50	00:06:46	20	01:32:34
22	3/3	39	Rea GEORGIU	Triathlon Club Nireas	WM	00:18:03	00:02:24	18	00:46:47	25.65	22	01:04:50	22	00:40:41	00:08:08	22	01:45:31