Cyprus Triathlon Federation

**Race:** 2009 CYPRUS TRIATHLON
**Date:** 12/4/09
**Venue:** Agia Napa

| 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 | 1/6 | 9 | Marian COSMIN | POL | M30-34 | 00:25:37 | 00:01:42 | 3 | 01:05:32 | 36.62 | 2 | 01:31:09 | 1 | 00:39:05 | 00:03:55 | 1 | 02:10:14 |
| 2 | 1/10 | 13 | Paul CONNOLLY | IRL | M35-39 | 00:23:46 | 00:01:35 | 1 | 01:07:40 | 35.47 | 3 | 01:31:26 | 2 | 00:42:22 | 00:04:14 | 4 | 02:13:48 |
| 3 | 1/2 | 30 | Ron EVANS | GBR | M50-54 | 00:23:56 | 00:01:36 | 2 | 01:09:13 | 34.67 | 4 | 01:33:09 | 3 | 00:42:30 | 00:04:15 | 5 | 02:15:39 |
| 4 | 1/3 | 25 | Christos CHRISTOU | CYP | M40-44 | 00:31:21 | 00:02:05 | 12 | 01:05:02 | 36.90 | 1 | 01:36:23 | 4 | 00:44:10 | 00:04:25 | 6 | 02:20:33 |
| 5 | 1/1 | 3 | Orfeas KYRIAKOU | CYP | M25-29 | 00:25:46 | 00:01:43 | 4 | 01:12:15 | 33.22 | 7 | 01:38:01 | 5 | 00:44:42 | 00:04:28 | 7 | 02:22:43 |
| 6 | 2/10 | 18 | Ludovic ROBERT | CYP | M35-39 | 00:27:55 | 00:01:52 | 5 | 01:11:02 | 33.79 | 6 | 01:38:57 | 6 | 00:46:45 | 00:04:40 | 11 | 02:25:42 |
| 7 | 3/10 | 15 | Daniel HAYES | USA | M35-39 | 00:31:43 | 00:02:07 | 14 | 01:14:16 | 32.32 | 9 | 01:45:59 | 10 | 00:41:43 | 00:04:10 | 2 | 02:27:42 |
| 8 | 4/10 | 21 | Michalis Alexandrakis | CYP | M35-39 | 00:28:04 | 00:01:52 | 7 | 01:17:08 | 31.11 | 13 | 01:45:12 | 9 | 00:45:03 | 00:04:30 | 9 | 02:30:15 |
| 9 | 5/10 | 60 | Darren MCCARTHY | CYP | M35-39 | 00:32:56 | 00:02:12 | 16 | 01:13:48 | 32.52 | 8 | 01:46:44 | 11 | 00:47:09 | 00:04:43 | 12 | 02:33:53 |
| 10 | 6/10 | 22 | Sip POWERS | CYP | M35-39 | 00:33:39 | 00:02:15 | 17 | 01:11:00 | 33.80 | 5 | 01:44:39 | 8 | 00:51:59 | 00:05:12 | 17 | 02:36:38 |
| 11 | 1/1 | 33 | Ioulia KANNAVA | CYP | F35-39 | 00:29:42 | 00:01:59 | 8 | 01:23:11 | 28.85 | 23 | 01:52:53 | 16 | 00:45:01 | 00:04:30 | 8 | 02:37:54 |
| 12 | 2/3 | 26 | Adriaan JOUBERT | RSA | M40-44 | 00:34:03 | 00:02:16 | 18 | 01:14:20 | 32.29 | 10 | 01:48:23 | 12 | 00:50:25 | 00:05:02 | 16 | 02:38:48 |
| 13 | 2/6 | 6 | Andreas EFSTATHIOU | CYP | M30-34 | 00:37:54 | 00:02:32 | 22 | 01:21:08 | 29.58 | 19 | 01:59:02 | 20 | 00:41:58 | 00:04:12 | 3 | 02:41:00 |
| 14 | 7/10 | 19 | Alexandros DIOGENOUS | CYP | M35-39 | 00:29:44 | 00:01:59 | 9 | 01:14:52 | 32.06 | 11 | 01:44:36 | 7 | 00:57:35 | 00:05:45 | 21 | 02:42:11 |
| 15 | 1/1 | 34 | Julie HALL | UAE | F40-44 | 00:32:24 | 00:02:10 | 15 | 01:20:53 | 29.67 | 18 | 01:53:17 | 17 | 00:49:06 | 00:04:55 | 14 | 02:42:23 |
| 16 | 8/10 | 17 | Sean PENGELLY | GBR | M35-39 | 00:31:11 | 00:02:05 | 11 | 01:17:50 | 30.84 | 16 | 01:49:01 | 13 | 00:54:29 | 00:05:27 | 19 | 02:43:30 |
| 17 | 2/2 | 29 | Panagiotis NTAIS | CYP | M50-54 | 00:35:05 | 00:02:20 | 19 | 01:17:32 | 30.95 | 15 | 01:52:37 | 15 | 00:53:39 | 00:05:22 | 18 | 02:46:16 |
| 18 | 9/10 | 23 | Dominic MORRIS | UAE | M35-39 | 00:43:45 | 00:02:55 | 25 | 01:17:22 | 31.02 | 14 | 02:01:07 | 22 | 00:47:14 | 00:04:43 | 13 | 02:48:21 |
| 19 | 3/6 | 10 | Michalis MICHAEL | CYP | M30-34 | 00:49:55 | 00:03:20 | 26 | 01:15:44 | 31.69 | 12 | 02:05:39 | 24 | 00:45:12 | 00:04:31 | 10 | 02:50:51 |
| 20 | 10/10 | 20 | Marios NICOLAOU | CYP | M35-39 | 00:31:29 | 00:02:06 | 13 | 01:23:02 | 28.90 | 22 | 01:54:31 | 18 | 00:58:03 | 00:05:48 | 22 | 02:52:34 |
| 21 | 4/6 | 8 | Joe KAWKABANI | UAE | M30-34 | 00:38:35 | 00:02:34 | 23 | 01:24:24 | 28.44 | 24 | 02:02:59 | 23 | 00:49:59 | 00:05:00 | 15 | 02:52:58 |
| 22 | 5/6 | 7 | Charalambos MAVRONIKOLAS | GRE | M30-34 | 00:36:06 | 00:02:24 | 21 | 01:22:14 | 29.19 | 21 | 01:58:20 | 19 | 00:54:43 | 00:05:28 | 20 | 02:53:03 |
| 23 | 3/3 | 27 | Kypros TSOULOUPAS | CYP | M40-44 | 00:29:48 | 00:01:59 | 10 | 01:19:17 | 30.27 | 17 | 01:49:05 | 14 | 01:07:03 | 00:06:42 | 25 | 02:56:08 |
| 24 | 1/1 | 28 | Theo PARPERIS | CYP | M45-49 | 00:39:33 | 00:02:38 | 24 | 01:21:15 | 29.54 | 20 | 02:00:48 | 21 | 01:00:53 | 00:06:05 | 24 | 03:01:41 |
| 25 | 1/1 | 31 | Kristin SIMMERS | CYP | F25-29 | 00:35:47 | 00:02:23 | 20 | 01:35:18 | 25.18 | 25 | 02:11:05 | 25 | 00:58:45 | 00:05:52 | 23 | 03:09:50 |
| 26 | 6/6 | 11 | Stavros ANTONIOU | CYP | M30-34 | 00:28:00 | 00:01:52 | 6 | --- | --- | --- | --- | --- | --- | --- | --- | DNF |