



Cyprus Triathlon Federation

Race: TRIATHLON race 1
Date: 9/5/10
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	1/25	22	Marian CONSTANTIN	Famagusta Nautical Club	OM	00:20:41	00:01:23	6	01:04:45	37.07	2	01:25:26	2	00:38:21	00:03:50	2	02:03:47
2	1/10	13	David SIMPSON	Famagusta Nautical Club	MM	00:18:59	00:01:16	2	01:05:03	36.89	3	01:24:02	1	00:40:44	00:04:04	5	02:04:46
3	2/25	34	Stavros ANTONIOU	Famagusta Nautical Club	OM	00:21:04	00:01:24	7	01:04:40	37.11	1	01:25:44	3	00:39:30	00:03:57	3	02:05:14
4	3/25	19	Jon HEALY	Visitor	OM	00:19:34	00:01:18	4	01:07:43	35.44	5	01:27:17	4	00:38:13	00:03:49	1	02:05:30
5	4/25	25	Matt WALPOLE	Visitor	OM	00:19:39	00:01:19	5	01:11:25	33.61	12	01:31:04	6	00:42:12	00:04:13	9	02:13:16
6	2/10	9	Christos CHRISTOU	Famagusta Nautical Club	MM	00:24:14	00:01:37	13	01:06:44	35.96	4	01:30:58	5	00:42:39	00:04:16	10	02:13:37
7	5/25	5	Andy LINGHAM	Visitor	OM	00:27:02	00:01:48	20	01:08:01	35.29	6	01:35:03	11	00:40:26	00:04:03	4	02:15:29
8	6/25	29	Orpheas KYRIAKOU	Triathlon Club Nireus	OM	00:21:44	00:01:27	8	01:12:40	33.03	15	01:34:24	10	00:44:14	00:04:25	13	02:18:38
9	7/25	21	Kypros NICOLAOU	Triathlon Club Nireus	OM	00:19:28	00:01:18	3	01:13:00	32.88	16	01:32:28	8	00:46:19	00:04:38	15	02:18:47
10	8/25	57	Demetris KAFOURIS	Famagusta Nautical Club	OM	00:22:18	00:01:29	11	01:08:54	34.83	7	01:31:12	7	00:47:51	00:04:47	19	02:19:03
11	9/25	12	Dave LEMON	Visitor	OM	00:24:57	00:01:40	17	01:15:44	31.69	22	01:40:41	19	00:41:20	00:04:08	7	02:22:01
12	10/25	60	Dan HAYES	Triathlon Club Nireus	OM	00:28:00	00:01:52	24	01:14:16	32.32	17	01:42:16	22	00:40:56	00:04:06	6	02:23:12
13	11/25	3	Andreas EFSTATHIOU	Triathlon Club Nireus	OM	00:27:48	00:01:51	22	01:11:57	33.36	13	01:39:45	18	00:43:48	00:04:23	11	02:23:33
14	3/10	31	Panicos STYLIANOU	Triathlon Club Nireus	MM	00:29:19	00:01:57	28	01:10:23	34.10	9	01:39:42	17	00:43:51	00:04:23	12	02:23:33
15	4/10	24	Martin WEISS	Visitor	MM	00:26:25	00:01:46	19	01:08:58	34.80	8	01:35:23	12	00:49:29	00:04:57	24	02:24:52
16	12/25	26	Michael SAAB	Visitor	OM	00:16:31	00:01:06	1	01:16:20	31.44	24	01:32:51	9	00:53:04	00:05:18	30	02:25:55
17	5/10	30	Panagiotis NTAIS	Triathlon Club Nireus	MM	00:24:56	00:01:40	16	01:11:13	33.70	10	01:36:09	13	00:50:22	00:05:02	28	02:26:31
18	6/10	58	Keith JENNS	Visitor	MM	00:24:23	00:01:38	14	01:14:37	32.16	18	01:39:00	15	00:47:37	00:04:46	18	02:26:37
19	13/25	17	Grant FASSETT	Visitor	OM	00:22:10	00:01:29	10	01:22:35	29.06	33	01:44:45	24	00:42:01	00:04:12	8	02:26:46
20	14/25	18	Grant WESTER	Visitor	OM	00:29:28	00:01:58	29	01:11:15	33.68	11	01:40:43	21	00:47:13	00:04:43	17	02:27:56
21	7/10	7	Bambos SPANOUDIS	Triathlon Club Nireus	MM	00:24:43	00:01:39	15	01:14:41	32.14	19	01:39:24	16	00:50:10	00:05:01	26	02:29:34
22	15/25	23	Marios NICOLAOU	Triathlon Club Nireus	OM	00:23:40	00:01:35	12	01:15:17	31.88	20	01:38:57	14	00:52:12	00:05:13	29	02:31:09
23	16/25	14	Dewi DANIEL	Visitor	OM	00:30:53	00:02:04	34	01:12:26	33.13	14	01:43:19	23	00:49:31	00:04:57	25	02:32:50
24	17/25	27	Michalis MICHAEL	Triathlon Club Asklipios	OM	00:33:15	00:02:13	38	01:16:06	31.54	23	01:49:21	30	00:45:18	00:04:32	14	02:34:39
25	18/25	6	Aristo IRZINSKY	Triathlon Club Nireus	OM	00:25:09	00:01:41	18	01:15:33	31.77	21	01:40:42	20	00:54:59	00:05:30	32	02:35:41
26	19/25	28	Michele DINELLI	Visitor	OM	00:28:48	00:01:55	26	01:19:33	30.17	29	01:48:21	27	00:47:52	00:04:47	20	02:36:13
27	20/25	10	Christos TSIALIS	Triathlon Club Nireus	OM	00:29:59	00:02:00	31	01:17:39	30.91	27	01:47:38	26	00:50:15	00:05:02	27	02:37:53
28	8/10	1	Adriaan JOUBERT	Triathlon Club Nireus	MM	00:30:44	00:02:03	33	01:18:34	30.55	28	01:49:18	29	00:48:43	00:04:52	23	02:38:01
29	1/2	16	Emesse MESZAROS	Triathlon Club Asklipios	OW	00:33:01	00:02:12	37	01:17:14	31.07	26	01:50:15	31	00:48:08	00:04:49	21	02:38:23
30	2/2	15	Domniki PAPAPOULOU	Famagusta Nautical Club	OW	00:31:05	00:02:04	35	01:21:31	29.44	30	01:52:36	33	00:48:28	00:04:51	22	02:41:04
31	21/25	8	Cedric GUILLAUD	Triathlon Club Nireus	OM	00:31:47	00:02:07	36	01:22:23	29.13	32	01:54:10	36	00:47:09	00:04:43	16	02:41:19
32	9/10	11	Costas LAMBRAKIS	Triathlon Club Nireus	MM	00:29:40	00:01:59	30	01:17:10	31.10	25	01:46:50	25	00:57:17	00:05:44	34	02:44:07
33	10/10	33	Robert WHITAKER	Visitor	MM	00:27:22	00:01:49	21	01:21:33	29.43	31	01:48:55	28	00:55:30	00:05:33	33	02:44:25
34	22/25	2	Alexandros DIOGENOUS	Triathlon Club Nireus	OM	00:22:08	00:01:29	9	01:31:52	26.12	37	01:54:00	35	00:53:52	00:05:23	31	02:47:52
35	1/1	4	Andri POYIATZI	Triathlon Club Nireus	WM	00:27:53	00:01:52	23	01:26:32	27.73	36	01:54:25	37	00:57:45	00:05:46	35	02:52:10
36	23/25	36	Victor DEBASS	Triathlon Club Nireus	OM	00:28:29	00:01:54	25	01:25:21	28.12	35	01:53:50	34	01:01:10	00:06:07	36	02:55:00
37	24/25	32	Richard EVANS	Visitor	OM	00:29:09	00:01:57	27	01:23:26	28.77	34	01:52:35	32	01:03:15	00:06:19	37	02:55:50
38	25/25	20	Julian DINDO	Visitor	OM	00:30:00	00:02:00	32	01:36:09	24.96	38	02:06:09	38	01:04:08	00:06:25	38	03:10:17