

Scotties Shakedown

Long Course Category Results

Female All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
1	1059	Jess Wake	01:29:01	All Ages	3	00:12:09	00:01:20	00:45:03	00:01:17	00:29:10

Male All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
	87	Troy GILDERSLEEVE	01:12:17	All Ages		00:09:44	00:00:32	00:37:05	00:00:38	00:24:16
	177	Scott DENNETT		All Ages		00:11:19	00:01:09	00:40:41		
	150	Ned OSBORN	01:02:59	All Ages		00:15:48	00:01:53	00:16:57	00:00:46	00:27:33
1	1077	Lester SMITH	01:14:53	All Ages	1	00:12:11	00:01:11	00:39:09	00:00:56	00:21:23
2	2	Paul Luxton	01:27:12	All Ages	2	00:15:53	00:01:03	00:43:47	00:01:00	00:25:26