

Paul's Triple P

Long Course Category Results

Female All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
	149	Lisa KEEFFE		All Ages		00:13:59	00:01:08			

Male All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
	140	Rob Melville		All Ages		00:15:35	00:01:57			
	91	Russell BROWNE		All Ages		00:12:40	00:02:49			
	146	Lester SMITH		All Ages		00:11:24	00:01:24			
	63	Ben LLOYD		All Ages						