

# Russell's Rush Ride & Run

## Long Course Category Results

### Female All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
1	149	Lisa KEEFE	01:39:55	All Ages	2	00:13:56	00:01:10	00:52:59	00:00:54	00:30:54

### Male All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
	1	Paul Luxton	01:15:18	All Ages		00:14:13	00:01:29	00:52:26	00:00:58	00:06:10
1	129	Ben LLOYD	01:30:57	All Ages	1	00:10:34	00:02:44	00:53:20	00:01:12	00:23:04