

Date 5-Nov-06

Event 2nd H'Cap Race

Short Course

300

9.3

3

300

9.3

3

Position	Race Num	Name	hcp	Swim Time		Bike time			Run time			Swim time	ave lap	Bike Time	Ave Speed - km/hr	Run Time	mins/km	total	hcp time	Time diff
1	127	Sharene Walker	15	21	5	0	44	25	0	56	44	06:05	0:01:01	0:38:20	23.91	0:12:19	04:06	0:56:44	0:41:44	00:00
2	129	Wendy Boggs	15	22	7	0	44	25	1	1	16	07:07	0:01:11	0:37:18	-18.86	0:16:51	05:37	1:01:16	0:46:16	04:32
3	130	Kaye Lowen	4	12	59	0	42	25	1	1	30	08:59	0:01:30	0:33:26	18.96	0:19:05	06:22	1:01:30	0:57:30	04:46
4	106	Ryan Armstrong	30	34	29	0	51	31	1	4	2	04:29	0:00:45	0:47:02	32.76	0:12:31	04:10	1:04:02	0:34:02	07:18
5	123	Caroline Grimes	15	21	52	0	46	53	1	4	25	06:52	0:01:09	0:40:01	22.31	0:17:32	05:51	1:04:25	0:49:25	07:41
6	105	Gavin Armstrong	30	35	30	0	54	13	1	5	47	05:30	0:00:55	0:48:43	29.81	0:11:34	03:51	1:05:47	0:35:47	09:03
7	93	Nerissa Crombie	20	26	5	0	50	36	1	5	58	06:05	0:01:01	0:44:31	22.76	0:15:22	05:07	1:05:58	0:45:58	09:14
8	107	Tristan Polmear	26	31	23	0	51	44	1	6	10	05:23	0:00:54	0:46:21	27.42	0:14:26	04:49	1:06:10	0:40:10	09:26
9	18	Merle Newton	15	22	47	0	48	12	1	6	33	07:47	0:01:18	0:40:25	21.95	0:18:21	06:07	1:06:33	0:51:33	09:49
10	119	Catherine Kerr	15	22	42	0	49	31	1	6	51	07:42	0:01:17	0:41:49	20.81	0:17:20	05:47	1:06:51	0:51:51	10:07
11	126	Dinah Brooker	18	25	12	0	47	38	1	6	57	07:12	0:01:12	0:40:26	24.87	0:19:19	06:26	1:06:57	0:48:57	10:13
12	120	Gilda Munoz	20	28	39	0	52	38	1	7	2	08:39	0:01:26	0:43:59	23.27	0:14:24	04:48	1:07:02	0:47:02	10:18
13	104	Trudy Newman	24	30	49				1	7	58	06:49	0:01:08	#####	-18.11	1:07:58	22:39	1:07:58	0:43:58	11:14
14	125	Mark Buchanan	32	36	53	0	55	14	1	7	59	04:53	0:00:49	0:50:21	30.41	0:12:45	04:15	1:07:59	0:35:59	11:15
15	124	Amy Banasik	22	29	16	0	52	41	1	8	4	07:16	0:01:13	0:45:25	23.83	0:15:23	05:08	1:08:04	0:46:04	11:20
16	53	June Doyle	16	24	39	0	50	53	1	8	7	08:39	0:01:26	0:42:14	21.27	0:17:14	05:45	1:08:07	0:52:07	11:23
17	114	Jacquie Upton	21	27	25	0	49	53	1	8	27	06:25	0:01:04	0:43:28	24.84	0:18:34	06:11	1:08:27	0:47:27	11:43
18	33	Russell Cheeseman	24	32	48	0	54	3	1	8	29	08:48	0:01:28	0:45:15	26.26	0:14:26	04:49	1:08:29	0:44:29	11:45
19	117	Bryan Tepper	32	37	30	0	56	38	1	8	31	05:30	0:00:55	0:51:08	29.16	0:11:53	03:58	1:08:31	0:36:31	11:47
20	89	Guylaine Thibodeau	26	31	50	0	53	2	1	8	41	05:50	0:00:58	0:47:12	26.32	0:15:39	05:13	1:08:41	0:42:41	11:57
21	7	Diane Lukasiewich	20	27	10	0	52	20	1	8	44	07:10	0:01:12	0:45:10	22.17	0:16:24	05:28	1:08:44	0:48:44	12:00
22	97	James Long	21	27	41	0	55	44	1	9	1	06:41	0:01:07	0:49:03	19.89	0:13:17	04:26	1:09:01	0:48:01	12:17
23	33	James Buchanan	32	37	35	0	56	4	1	9	1	05:35	0:00:56	0:50:29	30.19	0:12:57	04:19	1:09:01	0:37:01	12:17
24	122	Kate Prichard	15	22	48	0	49	48	1	9	4	07:48	0:01:18	0:42:00	20.67	0:19:16	06:25	1:09:04	0:54:04	12:20
25	128	Susan Drexler	15	23	36	0	50	27	1	9	4	08:36	0:01:26	0:41:51	20.78	0:18:37	06:12	1:09:04	0:54:04	12:20
26	13	Annelize Hanekom	27	33	23	0	53	42	1	9	15	06:23	0:01:04	0:47:19	27.47	0:15:33	05:11	1:09:15	0:42:15	12:31
27	6	Beth Banasik	27	33	29	0	55	44	1	9	21	06:29	0:01:05	0:49:15	25.08	0:13:37	04:32	1:09:21	0:42:21	12:37
28	100	Stefan Depre	31	37	17	0	55	20	1	9	21	06:17	0:01:03	0:49:03	30.91	0:14:01	04:40	1:09:21	0:38:21	12:37
29	58	Jo Smith	18	28	9	0	52	17	1	9	29	10:09	0:01:41	0:42:08	23.12	0:17:12	05:44	1:09:29	0:51:29	12:45
30	21	Megan Parker	27	33	1	0	55	20	1	9	42	06:01	0:01:00	0:49:19	25.00	0:14:22	04:47	1:09:42	0:42:42	12:58
31	118	Malcolm Ismail	13	22	18	0	50	17	1	10	5	09:18	0:01:33	0:40:59	19.94	0:19:48	06:36	1:10:05	0:57:05	13:21
32	96	Natasha Graham	22	30	54	0	54	13	1	10	21	08:54	0:01:29	0:45:19	23.93	0:16:08	05:23	1:10:21	0:48:21	13:37
33	3	Christine Roberts	0	7	58	0	39	55	1	10	38	07:58	0:01:20	0:31:57	17.46	0:30:43	10:14	1:10:38	1:10:38	13:54
34	71	Julie Gardner	28	35	41	0	58	50	1	11	12	07:41	0:01:17	0:51:09	24.10	0:12:22	04:07	1:11:12	0:43:12	14:28
35	115	Scott Newman	30	36	48	0	54	41	1	11	27	06:48	0:01:08	0:47:53	31.20	0:16:46	05:35	1:11:27	0:41:27	14:43
36	9	Ian Malseed	30	37	59	0	57	21	1	11	31	07:59	0:01:20	0:49:22	28.81	0:14:10	04:43	1:11:31	0:41:31	14:47
37	121	Astrid Bergmann	22	29	12	0	55	40	1	12	49	07:12	0:01:12	0:48:28	21.08	0:17:09	05:43	1:12:49	0:50:49	16:05
38	54	Helen Brown	4	12	10	0	43	25	1	13	33	08:10	0:01:22	0:35:15	17.86	0:30:08	10:03	1:13:33	1:09:33	16:49
39	87	Kate Banasik	22	29	9	0	57	22	1	14	48	07:09	0:01:11	0:50:13	19.78	0:17:26	05:49	1:14:48	0:52:48	18:04
40	27	Paul Darcey	27	33	8							06:08	0:01:01	#####	-16.84	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!
41	T1	Not To Day	15	22	3	0	45	51	0	57	44	07:03	0:01:11	0:38:48	23.45	0:11:53	03:58	0:57:44	0:42:44	01:00

Long Course

600

23

6

600

22.7

6

Position	Race Num	Name	hcp	Swim Time		Bike time			Run time			Swim time	ave lap	Bike Time	Ave Speed - km/hr	Run Time	mins/km	total	hcp time	Time diff
1	94	Tim Langley	7	19	49	1	0	41	1	25	24	12:49	0:01:04	0:47:52	33.25	0:24:43	04:07	1:25:24	1:18:24	00:00
2	23	Graeme Christie	11	21	59	1	1	34	1	26	50	10:59	0:00:55	0:50:35	34.33	0:25:16	04:13	1:26:50	1:15:50	01:26
3	83	Sam Penglis	11	21	33	1	1	40	1	26	56	10:33	0:00:53	0:51:07	33.88	0:25:16	04:13	1:26:56	1:15:56	01:32
4	2	Darrin Wells	2	12	22	0	59	47	1	27	4	10:22	0:00:52	0:49:25	28.66	0:27:17	04:33	1:27:04	1:25:04	01:40
5	42	Tristan Gogan	9	21	26	1	2	44	1	27	22	12:26	0:01:02	0:50:18	32.91	0:24:38	04:06	1:27:22	1:18:22	01:58
6	88	Darren Barker	8	20	30	1	0	31	1	27	30	12:30	0:01:03	0:48:01	33.96	0:26:59	04:30	1:27:30	1:19:30	02:06
7	91	Andrew Hembroff	5	16	43	0	55	8	1	27	52	11:43	0:00:59	0:43:25	35.38	0:32:44	05:27	1:27:52	1:22:52	02:28
8	24	Jo Turner	7	18	10	1	0	56	1	28	22	11:10	0:00:56	0:49:46	31.78	0:27:26	04:34	1:28:22	1:21:22	02:58
9	92	Shane Joyce	2	13	34	1	3	3	1	28	34	11:34	0:00:58	0:51:29	27.46	0:25:31	04:15	1:28:34	1:26:34	03:10
10	77	Dave O'Brien	5	20	8	1	5	45	1	28	52	15:08	0:01:16	0:50:37	29.79	0:23:07	03:51	1:28:52	1:23:52	03:28
11	50	Johan Labuschagne	3	16	23	1	0	46	1	29	24	13:23	0:01:07	0:47:23	30.62	0:28:38	04:46	1:29:24	1:26:24	04:00
12	1	Brendan Nichol	20	30	2	1	5	58	1	29	27	10:02	0:00:50	0:55:56	37.82	0:23:29	03:55	1:29:27	1:09:27	04:03
13	103	Robert Hall	0	14	39	0	59	53	1	29	44	14:39	0:01:13	0:45:14	30.04	0:29:51	04:59	1:29:44	1:29:44	04:20
14	44	Michelle Wall	2	12	48	0	58	21	1	30	28	10:48	0:00:54	0:47:33	29.84	0:32:07	05:21	1:30:28	1:28:28	05:04
15	95	David Clark	3	18	7	1	8	41	1	31	25	15:07	0:01:16	0:53:34	26.88	0:22:44	03:47	1:31:25	1:28:25	06:01
16	17	David Roberts	12	23	13	1	7	12	1	31	28	11:13	0:00:56	0:55:59	30.90	0:24:16	04:03	1:31:28	1:19:28	06:04
17	25	Jo Moyle	0	14	26	1	3	1	1	31	43	14:26	0:01:12	0:48:35	27.97	0:28:42	04:47	1:31:43	1:31:43	06:19
18	59	Julie Kerr	7	18	28	1	2	58	1	32	12	11:28	0:00:57	0:51:30	30.54	0:29:14	04:52	1:32:12	1:25:12	06:48
19	4	Leeanne Wood	0	13	46	1	13	16	1	47	15	13:46	0:01:09	0:59:30	22.84	0:33:59	05:40	1:47:15	1:47:15	21:51
21	65	Travis Wood	2	13	25							11:25	0:00:57	#####	-101.29	0:00:00	00:00	0:00:00	#####	#####