

Date 21-Jan-07
 Event 6th H'cap Race

Short Course

Swim - m
300

Bike - km
9.3

Run - km
3.0

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	Time diff	time without handicap
1	144	Louise Metzke	22	27	59	49	31	1	4	29	05:59	01:00	21:32	25.91	14:58	04:59	1:04:29	00:00	0:42:29		
2	54	Helen Brown	4	12	3	41	49	1	4	52	08:03	01:20	29:46	18.75	23:03	07:41	1:04:52	00:23	1:00:52		
3	39	Toni Miller	7	16	9	44	40	1	5	3	09:09	01:31	28:31	19.57	20:23	06:48	1:05:03	00:34	0:58:03		
4	155	Damien Mann	25	32	39	53	38	1	6	13	07:39	01:17	20:59	26.59	12:35	04:12	1:06:13	01:44	0:41:13		
5	156	Bree Smith	24	31	32	52	21	1	6	19	07:32	01:15	20:49	26.81	13:58	04:39	1:06:19	01:50	0:42:19		
6	154	Kylie Swallow	22	27	58	50	44	1	7	33	05:58	01:00	22:46	24.51	16:49	05:36	1:07:33	03:04	0:45:33		
7	33	Russell Cheesman	26	34	53	55	15	1	9	12	08:53	01:29	20:22	27.40	13:57	04:39	1:09:12	04:43	0:43:12		
8	140	Jenny Clothier	26	32	35	54	43	1	9	22	06:35	01:06	22:08	25.21	14:39	04:53	1:09:22	04:53	0:43:22		
9	101	Ben Levett	24	30	58	53	21	1	9	29	06:58	01:10	22:23	24.93	16:08	05:23	1:09:29	05:00	0:45:29		
10	89	Guyaine Thibodeau	27	33	6	54	40	1	9	36	06:06	01:01	21:34	25.87	14:56	04:59	1:09:36	05:07	0:42:36		
11	27	Paul Darcey	28	33	55	54	37	1	10	22	05:55	00:59	20:42	26.96	15:45	05:15	1:10:22	05:53	0:42:22		
12	18	Merle Newton	18	26	0	52	35	1	10	30	08:00	01:20	26:35	20.99	17:55	05:58	1:10:30	06:01	0:52:30		
13	36	James Buchanan	33	38	45	57	25	1	10	48	05:45	00:58	18:40	29.89	13:23	04:28	1:10:48	06:19	0:37:48		
14	53	June Doyle	18	27	11	53	12	1	10	50	09:11	01:32	26:01	21.45	17:38	05:53	1:10:50	06:21	0:52:50		
15	134	Ben Swallow	25	29	50	53	16	1	11	10	04:50	00:48	23:26	23.81	17:54	05:58	1:11:10	06:41	0:46:10		
16	105	Gavin Armstrong	35	40	29	59	41	1	11	29	05:29	00:55	19:12	29.06	11:48	03:56	1:11:29	07:00	0:36:29		
17	9	Ian Malseed	30	38	18	58	12	1	12	40	08:18	01:23	19:54	28.04	14:28	04:49	1:12:40	08:11	0:42:40		
18	77	Dave O'Brien	35	41	43	1	1	40	1	13	24	06:43	01:07	19:57	27.97	11:44	03:55	1:13:24	08:55	0:38:24	
19	21	Megan Parker	27	33	5	57	16	1	13	31	06:05	01:01	24:11	23.07	16:15	05:25	1:13:31	09:02	0:46:31		
20	57	Simon Cheesman	25	34	42	56	55	1	13	54	09:42	01:37	22:13	25.12	16:59	05:40	1:13:54	09:25	0:48:54		
21	150	Don Crossley	7	16	47	51	35	1	13	59	09:47	01:38	34:48	16.03	22:24	07:28	1:13:59	09:30	1:06:59		

Long Course

Swim - m
600

Bike - km
23

Run - km
6.0

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	Time diff	time without handicap
1	92	Shane Joyce	6	17	8	1	2	11	1	25	47	11:08	00:56	45:03	30.63	23:36	03:56	1:25:47	00:00	1:19:47	
2	94	Tim Langley	12	24	35	1	4	36	1	28	26	12:35	01:03	40:01	34.49	23:50	03:58	1:28:26	02:39	1:16:26	
3	83	Sam Penglis	14	24	6	1	4	0	1	28	41	10:06	00:51	39:54	34.59	24:41	04:07	1:28:41	02:54	1:14:41	
4	100	Stefan Depre	9	21	8	1	3	43	1	29	24	12:08	01:01	42:35	32.41	25:41	04:17	1:29:24	03:37	1:20:24	
5	67	Stephen Gibson	7	18	47	1	4	59	1	30	22	11:47	00:59	46:12	29.87	25:23	04:14	1:30:22	04:35	1:23:22	
6	23	Graeme Christie	14	24	41	1	5	10	1	30	42	10:41	00:53	40:29	34.09	25:32	04:15	1:30:42	04:55	1:16:42	
7	106	Ryan Armstrong	18	26	59	1	8	33	1	32	38	08:59	00:45	41:34	33.20	24:05	04:01	1:32:38	06:51	1:14:38	
8	17	David Roberts	12	23	3	1	7	6	1	34	21	11:03	00:55	44:03	31.33	27:15	04:32	1:34:21	08:34	1:22:21	
9	44	Michelle Wall	3	13	48	1	1	13	1	34	36	10:48	00:54	47:25	29.10	33:23	05:34	1:34:36	08:49	1:31:36	
10	46	Daniel Kingston	3	15	22	1	5	20	1	36	21	12:22	01:02	49:58	27.62	31:01	05:10	1:36:21	10:34	1:33:21	
11	91	Andrew Hembroff	7	18	43	1	6	5	1	36	39	11:43	00:59	47:22	29.13	30:34	05:06	1:36:39	10:52	1:29:39	
12	3	Christine Roberts	0	13	43	1	12	0	1	46	52	13:43	01:09	58:17	23.68	34:52	05:49	1:46:52	21:05	1:46:52	
13	4	Leanne Wood	0	13	34	1	11	26	1	46	53	13:34	01:08	57:52	23.85	35:27	05:54	1:46:53	21:06	1:46:53	
14	38	Terry Miller	0	16	35	1	13	0	1	51	5	16:35	01:23	56:25	24.46	38:05	06:21	1:51:05	25:18	1:51:05	