

14.02.06

Services Middle distance champs at the Vitruvian

Pos	Name	ClubName	RaceNo	Cat	Gender	Time	OverallPos	Swim	T1	Cycle	T2	Run
1	Mark Livesey	Total fitness / Army	149	35-39	Male	04:02:29	2	00:26:28	00:00:35	02:12:37	00:00:39	01:22:08
2	MARK GOODRIDGE	TRI UK/ROYAL NAVY	258	35-39	Male	04:13:49	10	00:32:16	00:01:18	02:20:56	00:00:48	01:18:28
3	CHRIS BIDDULPH	ARMY TRI	82	30-34	Male	04:16:34	12	00:30:02	00:01:17	02:24:59	00:00:38	01:19:35
4	NICHOLAS TIPPER	ARMY TRI	26	20-24	Male	04:19:41	17	00:29:51	00:00:50	02:24:30	00:00:44	01:23:44
5	DALE GRASSBY	RAF Tri	45	25-29	Male	04:21:03	19	00:24:12	00:00:46	02:22:53	00:00:32	01:32:37
6	TOBY COURAGE	ARMY TRI	97	30-34	Male	04:23:28	24	00:35:08	00:01:23	02:21:13	00:00:56	01:24:45
7	EAMONN MASSON	ROYAL NAVY TRI	539	40-44	Male	04:26:58	30	00:30:10	00:01:15	02:21:02	00:01:18	01:33:11
8	MARK SAGGERS	RAF Tri	568	40-44	Male	04:29:18	34	00:33:06	00:01:24	02:22:16	00:00:51	01:31:39
9	LINDSEY COURAGE	ARMY TRI	392	30-34	Female	04:31:48	38	00:33:10	00:01:27	02:27:35	00:00:50	01:28:43
10	ANDREW FRASER	RAF Tri	507	40-44	Male	04:43:07	60	00:33:15	00:01:06	02:32:54	00:00:48	01:35:00
11	JIM MCFARLANE	RAF Tri	306	35-39	Male	04:43:35	64	00:34:47	00:01:55	02:30:20	00:00:51	01:35:40
12	PAUL MCDERMOTT	ROYAL NAVY TRI	540	40-44	Male	04:51:16	87	00:31:57	00:01:37	02:37:55	00:01:07	01:38:38
13	ANDREW GALBRAITH	ARMY TRI	250	35-39	Male	04:53:38	98	00:32:13	00:01:42	02:28:14	00:00:44	01:50:41
14	JOHN CREWE	RAF Tri	236	35-39	Male	04:58:01	121	00:35:05	00:01:38	02:43:25	00:00:49	01:37:00
15	ANDREW PHIPPS	ROYAL NAVY TRI	624	45-49	Male	04:59:03	129	00:37:09	00:02:27	02:32:32	00:01:02	01:45:51
16	ALEX PORTER	ARMY TRI	165	30-34	Male	05:01:04	139	00:38:37	00:01:04	02:38:20	00:01:05	01:41:55
17	KELDA SPRATT	RAF Tri	433	35-39	Female	05:01:41	145	00:34:30	00:01:20	02:46:24	00:01:18	01:38:06
18	MICK PULLIN	RAF Tri	556	40-44	Male	05:07:57	179	00:37:50	00:02:29	02:35:15	00:00:53	01:51:29
19	WILLIAM BRANT	ARMY TRI	36	25-29	Male	05:08:57	190	00:43:22	00:02:27	02:40:41	00:00:41	01:41:43
20	TERRY HARVEY	ARMY TRI	515	40-44	Male	05:13:33	211	00:38:26	00:01:41	02:40:09	00:01:11	01:52:03
21	PAUL GODDARD	ARMY TRI	28	25-29	Male	05:15:44	224	00:30:38	00:01:45	02:49:55	00:00:56	01:52:26
22	COLLIN SMITH	ROYAL NAVY TRI	33	25-29	Male	05:18:12	242	00:43:37	00:01:33	02:42:23	00:02:03	01:48:33
23	SIMON TRIPP	ROYAL NAVY TRI	349	35-39	Male	05:24:14	282	00:40:32	00:03:06	02:40:03	00:01:28	01:59:02
24	NEILL GOWANS	RAF Tri	259	35-39	Male	05:24:57	288	00:38:26	00:01:54	02:45:31	00:00:54	01:58:08
25	DAVID POLLOCK	ROYAL NAVY TRI	554	40-44	Male	05:28:56	313	00:43:13	00:02:17	02:56:09	00:01:24	01:45:50
26	MARK TEETON	ARMY TRI	61	25-29	Male	05:33:02	331	00:35:56	00:01:24	02:48:56	00:00:51	02:05:52
27	NICHOLAS WILCOX	ARMY TRI	357	35-39	Male	05:40:32	366	00:38:51	00:03:34	03:04:14	00:01:08	01:52:43
28	SEAN MCHUGH	RAF Tri	307	35-39	Male	05:49:53	391	00:39:21	00:01:58	03:04:17	00:00:56	02:03:18
29	Jonny Briggs	RAF Tri	485	35-39	Male	05:55:06	413	00:35:58	00:02:11	02:56:31	00:01:50	02:18:34
30	GARY LANE	ARMY TRI	296	35-39	Male	06:19:58	466	00:38:16	00:03:14	03:10:15	00:03:54	02:24:17
31	GEORGIA BARNES	RAF Tri	387	30-34	Female	06:29:55	480	00:42:41	00:02:21	03:17:01	00:01:11	02:26:39

Results by Heartbeat Timing