

Super Sprint - Male

Pos	StartTime	Race#	Name	Last Name	Gender	Age	Cat	TeamName	Race	Swim	T1	Bike	T2	Run	Total
1	12:01:20	545	Garry	Biddell	Male	52	J	www.synergyadvance	Super Sprint -	00:03:31	00:00:43	00:23:07	00:00:34	00:11:12	00:39:07
2	12:02:00	547	Luke	O'Nien	Male	22	C	Hertfordshire	Super Sprint -	00:03:46	00:01:29	00:29:13	00:00:29	00:10:51	00:45:48
3	11:59:20	539	James	Madden	Male	44	H	Hurst	Super Sprint -	00:03:48	00:01:27	00:27:32	00:00:16	00:16:07	00:49:10
4	11:59:40	540	Bob	Sherwood	Male	46	I	Tonbridge	Super Sprint -	00:04:19	00:01:57	00:30:35	00:00:52	00:12:51	00:50:34
5	12:01:00	544	miles	taylor	Male	49	I	thames ditton	Super Sprint -	00:03:44	00:01:50	00:29:06	00:01:18	00:15:41	00:51:39
6	12:00:20	542	Alistair	Colam	Male	38	G	Winchester	Super Sprint -	00:04:35	00:01:18	00:31:02	00:01:13	00:14:15	00:52:23
7	11:59:00	538	Mike	Shannon	Male	43	H	London	Super Sprint -	00:04:32	00:01:20	00:32:38	00:00:20	00:13:36	00:52:26
8	11:58:40	537	Nick	Smith	Male	34	F	London	Super Sprint -	00:03:40	00:01:04	00:33:49	00:01:21	00:14:24	00:54:18
9	12:00:40	543	Ben	Mitchell	Male	28	E		Super Sprint -	00:06:05	00:02:05	00:27:43	00:01:16	00:17:46	00:54:55
10	11:58:20	536	Simon	Smith	Male	57	K	British Heart Founda	Super Sprint -	00:07:37	00:01:30	00:31:15	00:01:13	00:17:32	00:59:07
11	12:01:40	546	Clive	Broome	Male	46	I	Marlow	Super Sprint -	00:03:29	00:00:53	00:37:30	00:00:00	00:17:44	00:59:36
12	11:58:00	535	Nick	Sharp	Male	66	M	Witney	Super Sprint -	00:07:35	00:01:34	00:33:49	00:01:28	00:16:04	01:00:30
13	12:00:00	541	Padraic	Knox	Male	33	F	ChubsToChamps	Super Sprint -	00:03:49	00:03:13	00:36:14	00:01:42	00:17:55	01:02:53
14	11:57:20	533	Joshua	Benson	Male	30	F	London	Super Sprint -	00:05:42	00:03:57	00:39:48	00:00:54	00:13:54	01:04:15