

Southern Ports Albany Sprint 2022

Middelton Beach Sprint

06-Mar-22

Name	Swim Time	Cycle time	Run time	Overall time	Place	Swim Pace	Speed cycle	Run Pace
Enticer	375	9.6	2.5			Per 100m	km/h	min/km
Melissa Collins	0:10:47	0:21:28	0:13:43	0:45:58	1	0:02:53	26.8	0:05:29
Sascha Finlay-Collins	0:10:31	0:23:38	0:14:27	0:48:36	2	0:02:48	24.4	0:05:47
Andrew Collins	0:11:53	0:25:23	0:11:44	0:49:00	3	0:03:10	22.7	0:04:42
Duathlon	2.5	19.2	5			min/Km	km/h	min/Km
Ken Willis	0:14:33	0:40:52	0:28:07	1:23:32	1	0:05:49	28.2	0:05:37
Sprint	750	19.2	5			Per 100m	km/h	min/km
Liam McCoach	0:12:46	0:32:28	0:16:17	1:01:31	1	0:01:42	35.5	0:03:15
Jarryd Heldt	0:13:38	0:34:00	0:19:54	1:07:32	2	0:01:49	33.9	0:03:59
Jackson Pittman	0:14:20	0:34:09	0:19:04	1:07:33	3	0:01:55	33.7	0:03:49
Jackson Shaw	0:13:58	0:33:45	0:20:06	1:07:49	4	0:01:52	34.1	0:04:01
John McCann	0:15:02	0:34:07	0:20:56	1:10:05	5	0:02:00	33.8	0:04:11
Nick Bakker	0:15:48	0:34:20	0:20:47	1:10:55	6	0:02:06	33.6	0:04:09
Damien McAleese	0:13:28	0:37:34	0:21:15	1:12:17	7	0:01:48	30.7	0:04:15
Shannan Dixon	0:14:09	0:38:17	0:22:39	1:15:05	8	0:01:53	30.1	0:04:32
Darryl Harris	0:16:00	0:36:22	0:22:44	1:15:06	9	0:02:08	31.7	0:04:33
Lachlan Carson	0:18:10	0:34:42	0:22:15	1:15:07	10	0:02:25	33.2	0:04:27
Jack McPhee	0:18:11	0:34:50	0:22:07	1:15:08	11	0:02:25	33.1	0:04:25
James Langridge	0:17:33	0:35:39	0:22:10	1:15:22	12	0:02:20	32.3	0:04:26
Phillip Hays	0:17:35	0:35:20	0:22:40	1:15:35	13	0:02:21	32.6	0:04:32
Chris Mattiaccio	0:19:20	0:32:30	0:23:47	1:15:37	14	0:02:35	35.4	0:04:45
Natty Natty	0:18:47	0:36:51	0:22:55	1:18:33	15	0:02:30	31.3	0:04:35
Sue Beattie	0:19:28	0:38:31	0:23:54	1:21:53	16	0:02:36	29.9	0:04:47
Jennie Halliman	0:20:06	0:40:04	0:22:45	1:22:55	17	0:02:41	28.8	0:04:33
Hayley Milentis	0:18:13	0:42:24	0:24:35	1:25:12	18	0:02:26	27.2	0:04:55
Henry Schaumb	0:18:02	0:41:39	0:29:04	1:28:45	19	0:02:24	27.7	0:05:49
Erin Miller	0:19:49	0:44:46	0:25:15	1:29:50	20	0:02:39	25.7	0:05:03
Kim Smith	0:20:55	0:42:44	0:26:47	1:30:26	21	0:02:47	27.0	0:05:21
Stephen Smith	0:20:51	0:41:37	0:28:26	1:30:54	22	0:02:47	27.7	0:05:41
Alexandra Leung	0:18:14	0:47:23	0:25:42	1:31:19	23	0:02:26	24.3	0:05:08
Darren Bodey	0:21:48	0:46:13	0:23:26	1:31:27	24	0:02:54	24.9	0:04:41
Brian Robson	0:19:33	0:43:24	0:29:45	1:32:42	25	0:02:36	26.5	0:05:57
Anthony Whitelock	0:21:53	0:46:14	0:25:58	1:34:05	26	0:02:55	24.9	0:05:12
Jayne McTaggart	0:16:13	0:48:53	0:29:35	1:34:41	27	0:02:10	23.6	0:05:55
Owen Taylor-Williams	0:17:00	0:48:24	0:29:49	1:35:13	28	0:02:16	23.8	0:05:58
Brooke Harper	0:25:07	0:44:50	0:25:46	1:35:43	29	0:03:21	25.7	0:05:09
Ralph Flowers	0:20:43	0:43:11	0:32:16	1:36:10	30	0:02:46	26.7	0:06:27
Mark Mazzoni	0:24:23	0:44:55	0:27:22	1:36:40	31	0:03:15	25.6	0:05:28
Brooke Bishop	0:20:02	0:49:53	0:28:03	1:37:58	32	0:02:40	23.1	0:05:37
Katrina Phillips	0:19:59	0:50:00	0:33:16	1:43:15	33	0:02:40	23.0	0:06:39
Amanda Smith -DNF	0:00:00	0:00:00	0:00:00	0:00:00		0:00:00	#DIV/0!	0:00:00
Teams								
Ellis Kerr	0:14:48	0:40:33	0:21:14	1:16:35	1	0:01:58	28.4	0:04:15
Have A Tri	0:18:40	0:46:21	0:22:42	1:27:43	2	0:02:29	24.9	0:04:32
Team De Leo	0:17:39	0:41:48	0:28:43	1:28:10	3	0:02:21	27.6	0:05:45
Can Do	0:21:39	0:44:57	0:28:46	1:35:22	4	0:02:53	25.6	0:05:45