

		Swim					Bike				Run				Total
Date		500m	300m	200m	100m	Totals	20 klms	10 klms	5 klms	Totals	5 klms	3 klms	1 klms	Totals	Time
Long Course Athletes															
Bubbles	22/06/09	0:15:39	0:09:06	0:06:03		0:30:48	1:00:00	1:00:00		2:00:00	0:25:17	0:16:11	0:04:28	0:45:56	3:16:44
	20/07/09		0:06:05	0:03:52		0:09:57	0:36:36	0:18:35		0:55:11	1:00:00	1:00:00	1:00:00	3:00:00	4:05:08
	17/08/09	0:10:44	0:06:00	0:04:06		0:20:50	0:35:24	0:17:20		0:52:44	0:23:22	0:14:28	0:04:15	0:42:05	1:55:39
	21/09/09	0:09:56	0:05:49	0:03:42		0:19:27	0:35:15	0:18:00		0:53:15	0:25:14	0:15:46	0:04:21	0:45:21	1:58:03
Oliver	22/06/09	0:08:43	0:04:59	0:03:15		0:16:57	0:39:53	0:18:41		0:58:34	0:26:18	0:15:15	0:04:37	0:46:10	2:01:41
	20/07/09	0:08:42	0:04:55	0:03:12		0:16:49	0:34:55	0:17:51		0:52:46	0:24:09	0:14:39	0:04:40	0:43:28	1:53:03
	17/08/09	0:08:28	0:04:56	0:03:13		0:16:37	0:34:15	0:17:10		0:51:25	0:23:51	0:14:33	0:04:28	0:42:52	1:50:54
	21/09/09	0:07:59	0:04:42	0:03:09		0:15:50	0:33:11	0:17:00		0:50:11	0:24:06	0:15:00	0:05:00	0:44:06	1:50:07
Wazza	22/06/09	0:09:20	0:05:30	0:03:40		0:18:30	0:42:54	0:21:03		1:03:57	0:28:58	0:16:54	0:05:15	0:51:07	2:13:34
	20/07/09	0:09:15	0:05:25	0:03:39		0:18:19	0:38:15	0:19:21		0:57:36	0:27:25	0:16:16	0:05:03	0:48:44	2:04:39
	17/08/09	0:09:38	0:05:48	0:03:46		0:19:12	0:42:10	0:21:15		1:03:25	0:33:12	0:19:05	0:06:40	0:58:57	2:21:34
	21/09/09	0:09:18	0:05:24	0:03:28		0:18:10	0:37:40	0:18:05		0:55:45	0:29:18	0:18:01	0:06:02	0:53:21	2:07:16
Sarah	22/06/09	1:00:00	1:00:00	1:00:00		3:00:00	1:00:00	1:00:00		2:00:00	1:00:00	1:00:00	1:00:00	3:00:00	8:00:00
	20/07/09	1:00:00	1:00:00	1:00:00		3:00:00	1:00:00	1:00:00		2:00:00	1:00:00	1:00:00	1:00:00	3:00:00	8:00:00
	17/08/09	1:00:00	1:00:00	1:00:00		3:00:00	0:45:29	0:19:32		1:05:01	1:00:00	1:00:00	1:00:00	3:00:00	7:05:01
	21/09/09	0:09:36	0:05:44	0:03:54		0:19:14	0:38:24	0:19:14		0:57:38	1:00:00	1:00:00	1:00:00	3:00:00	4:16:52
Daggy	17/08/09	1:00:00	1:00:00	1:00:00		3:00:00	0:31:45	0:15:36		0:47:21	0:18:49	0:11:21	0:03:25	0:33:35	4:20:56
Dave	17/08/09	1:00:00	1:00:00	1:00:00		3:00:00	1:00:00	1:00:00		2:00:00	0:22:58	0:14:18	0:04:18	0:41:34	5:41:34
Jason	17/08/09	0:08:31	0:04:57	0:03:10		0:16:38	1:00:00	1:00:00		2:00:00	1:00:00	1:00:00	1:00:00	3:00:00	5:16:38
	21/09/09	0:08:15	0:04:42	0:03:11		0:16:08				0:00:00	0:21:07	0:12:51	0:03:46	0:37:44	0:53:52

		Swim					Bike				Run				Total
Date	500m	300m	200m	100m	Totals	20 klms	10 klms	5 klms	Totals	5 klms	3 klms	1 klm	Totals	Time	
Beginning Group															
Joshua	17/08/09			0:04:01	0:01:56	0:05:57			0:09:32	0:09:32			0:03:27	0:03:27	0:18:56
	21/09/09			0:03:35	0:01:42	0:05:17			0:09:21	0:09:21		0:11:13	0:03:25	0:14:38	0:29:16
Linda	17/08/09			0:04:56	0:01:52	0:06:48			0:10:12	0:10:12			0:06:00	0:06:00	0:23:00
	21/09/09			0:03:45	0:01:42	0:05:27			0:10:00	0:10:00		0:17:02	0:05:12	0:22:14	0:37:41
Suzie	17/08/09			0:06:23	0:02:32	0:08:55			0:14:53	0:14:53			0:06:54	0:06:54	0:30:42
	21/09/09			0:05:01	0:02:15	0:07:16			0:10:22	0:10:22			0:05:47	0:05:47	0:23:25
Peta	17/08/09					0:00:00			0:12:10	0:12:10			0:05:58	0:05:58	0:18:08
	21/09/09			0:05:17	0:02:13	0:07:30			0:10:37	0:10:37					0:18:07
Wendy	17/08/09					0:00:00			0:14:53	0:14:53				0:00:00	0:14:53
	21/09/09			0:04:02	0:01:52	0:05:54						0:21:30	0:06:51	0:28:21	0:34:15