

Elders Armidale Winter Duathlon Round 3

Long Course

Position	Bib	Name	Gender	Age group	Run 1	Bike	Run 2	Total
1	28	Nathan Friedman	M	35-49 Male	00:05:52	00:22:55	00:06:20	35:06:00
2	7	Hayden Freeman	M	17-34 Male	00:06:31	00:22:28	00:07:22	36:20:00
3	56	Tom Cooper	M	Junior Male	00:05:52	00:24:26	00:07:07	37:24:00
4	1	Paul Billings	M	50+ Male	00:06:25	00:24:25	00:06:39	37:27:00
5	57	Col Clarey	M	50+ Male	00:06:47	00:23:33	00:07:33	37:53:00
6	38	Toby Hall	M	Junior Male	00:05:52	00:27:10	00:05:33	38:35:00
7	27	David Fitzsimmons	M	50+ Male	00:07:00	00:23:54	00:07:47	38:39:00
8	5	Heather Nonhebel	F	50+ Female	00:06:58	00:24:51	00:07:25	39:13:00
9	29	Sheree Friedman	F	35-49 Female	00:06:48	00:25:34	00:06:59	39:20:00
10	4	Michael Henderson	M	50+ Male	00:06:44	00:25:18	00:07:37	39:39:00
11	37	Martin Lindeman	M	50+ Male	00:07:10	00:25:33	00:07:16	39:59:00
12	24	Phillip Pattison	M	50+ Male	00:07:10	00:27:28	00:08:44	43:21:00
13	54	Anna Murrell	F	35-49 Female	00:08:02	00:30:29	00:08:17	46:47:00
14	53	Neville Ellis	M	50+ Male	00:08:10	00:33:39	00:08:33	50:21:00
15	51	Lee-Anne McKinnon	F	50+ Female	00:08:36	00:35:45	00:09:03	53:23:00
16	52	Fiona Williams	F	50+ Female	00:08:36	00:36:51	00:09:46	55:13:00

Short Course

Position	Bib	First Name	Gender	Age group	Run 1	Bike	Run 2	Total
1	11	Laura Billings	F	Junior Female	00:02:12	00:09:37	00:03:09	14:57
2	26	Bella Page	F	Junior Female	00:02:42	00:11:22	00:03:14	17:17
3	9	Thomas Page	M	Junior Male	00:02:54	00:11:28	00:03:05	17:27
4	41	Ben Lucas	M	35-49 Male	00:03:10	00:10:25	00:04:10	17:44
5	46	Laura Shanahan	F	Junior Female	00:02:14	00:12:25	00:03:13	17:51
6	33	Eve Shanahan	F	Junior Female	00:02:39	00:12:08	00:03:09	17:55
7	31	Grace Friedman	F	Junior Female	00:02:49	00:12:55	00:03:23	19:07
8	47	Scott Freeman	M	35-49 Male	00:03:10	00:12:10	00:04:22	19:41
9	32	Joe Friedman	M	Junior Male	00:02:34	00:13:46	00:03:27	19:46
10	55	Jacob Lindeman	M	Junior Male	00:02:59	00:13:28	00:03:30	19:56
11	8	June Billings	F	50+ Female	00:03:38	00:12:13	00:04:09	19:59
12	16	Andrew Cook	M	50+ Male	00:03:46	00:12:05	00:04:16	20:06