

March 24th Sunday Duathlon 3km/20km/3km



Position	Race Number	Name	Club	Run Finish Time	Cycle Finish Time	Finish Time
1	170	Trevor Corcoran	Carlow Tri	00:10:41	00:47:17	00:58:48
2	133	Thomas Lawer	Carlow Tri	00:10:56	00:47:54	01:00:28
3	188	Ross Moorhead	Racing795	00:10:45	00:49:02	01:01:36
4	157	David Kidd	Carlow Tri	00:11:22	00:50:00	01:02:38
5	148	Gary Ronan	Carlow Tri	00:10:49	00:50:48	01:02:50
6	194	Darren Colman	Racing795	00:11:06	00:53:16	01:05:59
7	191	Eddie Wall	Racing795	00:11:32	00:52:53	01:06:33
8	182	Rosie Conway	Racing795	00:11:50	00:53:35	01:06:37
9	187	Frank Burke	Racing795	00:13:35	00:51:56	01:06:43
10	168	Kevin Gibson	Racing795	00:12:50	00:53:07	01:06:48
11	138	stephen Murray	Carlow Tri	00:12:39	00:52:40	01:07:07
12	193	Paddy Doyle	Carlow Tri	00:12:05	00:53:54	01:07:09
13	145	Peter O'Brien	n/a	00:12:22	00:53:41	01:08:37
14	176	Ken Archbold	n/a	00:10:41	00:56:24	01:08:45
15	142	Damien Malone	Racing795	00:12:03	00:56:11	01:09:11
16	139	Elaine Gibson	Racing795	00:12:04	00:56:26	01:10:32
17	135	Bart Murphy	Carlow Tri	00:12:10	00:57:23	01:10:58
18	179	Ger Cuddly	Carlow Tri	00:11:50	00:58:19	01:11:25
19	174	Danny Bolton	Carlow Tri	00:12:10	00:57:26	01:11:25
20	156	Mick Foley	Racing795	00:14:54	00:55:22	01:11:56
21	146	Karen Kavanagh	Carlow Tri	00:12:07	00:59:13	01:12:10
22	160	Daire Connolly	Racing795	00:12:11	00:59:20	01:12:32
23	186	Ciara Bowe	Racing795	00:12:03	-	01:12:44
24	161	Riona Ni Mhuir	Carlow Tri	-	00:59:52	01:13:25
25	183	Tom Redmond	Racing795	00:13:55	00:59:50	01:15:56
26	189	Niall O'Murri	Racing795	00:14:35	01:00:18	01:17:11
27	132	Olivia Hall	Racing795	00:13:13	01:02:47	01:17:58
28	159	Ivan Kendrick	n/a	00:14:50	01:00:29	01:17:58
29	184	Robert Browning	n/a	00:14:22	01:02:02	01:18:53
30	169	John Dier	Menaplans AC	00:13:57	01:05:15	01:19:34
31	185	Edel Murphy	Carlow Tri	00:14:53	01:03:28	01:20:14
32	167	Yvette Deacon	Racing795	00:16:03	01:03:15	01:20:25
33	152	Marion Dowling	Racing795	00:14:39	01:04:28	01:21:08
34	190	Linda O'Hara	Carlow Tri	00:15:32	01:04:25	01:22:10
35	162	Chris Murpy	Carlow Tri	00:14:07	01:08:04	01:22:31
36	143	Natasha Dowling	Carlow Tri	00:14:32	01:09:19	01:25:48
37	192	Laura Doyle	Carlow Tri	00:14:33	01:09:19	01:25:48
38	178	Olive Browning	n/a	00:14:48	01:13:37	01:31:13
39	171	Martina Kelly	Racing795	00:16:29	01:15:51	01:32:57