

## Categories PROVISIONAL 350 Metre swim

Focus Ireland Triathlon : Sunday 1st August 2010

### Male

Place	bib	firstname	lastname	Swim	cycle	lap1	lap2	Run	Overall
1	37	Gustavo	Avendano	00:09:25	00:04:20	00:01:35	00:17:10	00:18:44	01:09:32
2	18	Lee	Corbett	00:09:21	00:41:56	00:10:30	00:09:32	00:20:01	01:14:33
3	34	Damien	Payne	00:10:04	00:40:24	00:11:41	00:09:23	00:21:03	01:14:47
4	40	Shane	McArdle	00:11:59	00:41:55	00:09:05	00:08:16	00:17:21	01:14:57
5	46	Shane	Roe	00:12:42	00:40:40	00:09:31	00:07:44	00:17:14	01:15:48
6	38	Paul	Feeney	00:12:24	00:42:22	00:09:11	00:08:18	00:17:29	01:15:50
7	44	Hugh	O'Byrne	00:15:38	00:39:45	00:09:35	00:08:59	00:18:33	01:16:47
8	17	Jacek	Sawicki	00:11:11	00:43:36	00:09:19	00:08:40	00:17:58	01:17:00
9	42	Morgan	O'Connell	00:10:52	00:43:39	00:11:04	00:09:30	00:20:34	01:19:55
10	12	David	Ormsby	00:11:36	00:41:06	00:11:42	00:10:20	00:22:01	01:20:12
11	5	Andrew	Brogan	00:11:02	00:45:12	00:09:44	00:08:59	00:18:42	01:20:31
12	6	Robert	Brogan	00:11:57	00:45:01	00:09:46	00:09:19	00:19:05	01:20:53
13	9	Richard	Donnelly	00:14:57	00:42:57	00:09:27	00:08:34	00:18:00	01:21:16
14	4	Fionn	Adam	00:12:50	00:48:02	00:08:54	00:07:31	00:16:25	01:21:39
15	43	Stephen	Murray	00:11:31	00:44:00	00:10:53	00:10:30	00:21:23	01:22:10
16	19	Eamon	Downey	00:14:39	00:44:26	00:10:21	00:09:38	00:19:58	01:24:18
17	31	Ronan	Kelly	00:09:55	00:43:58	00:20:40	00:10:10	00:30:49	01:28:18
18	110	Paul	Redmond	00:13:55	00:47:37	00:11:28	00:10:09	00:21:37	01:29:01
19	15	Andrew	Taylor	00:12:22	00:49:41	00:12:01	00:11:13	00:23:13	01:30:11
20	8	Alan	Costello	00:17:02	00:47:25	00:10:40	00:10:25	00:21:05	01:32:27
21	47	Stephen	Brennan	00:16:37	00:48:48	00:12:45	00:10:31	00:23:16	01:34:14
22	35	Denis	Cahalane	00:14:55	00:48:21	00:14:50	00:13:46	00:28:35	01:39:51
23	14	Paul	Smith	00:17:54	00:49:14	00:14:17	00:12:06	00:26:23	01:41:46
24	32	Declan	Mallen	00:36:41	00:46:40	00:09:29	00:08:27	00:17:55	01:44:39
25	20	Keith	Downey	00:25:42	01:09:17	00:14:29	00:12:56	00:27:24	02:10:22

## Female

Place	bib	firstname	lastname	Swim	cycle	lap1	lap2	Run	Overall
1	48	Caroline	Crowley	00:09:50	00:48:17	00:08:37	00:07:48	00:16:24	01:17:55
2	41	Kathryn	Murphy	00:11:39	00:47:04	00:10:20	00:10:36	00:20:55	01:24:46
3	39	Claire	Fennell	00:11:30	00:48:30	00:10:49	00:10:17	00:21:05	01:26:14
4	10	Justine	McGovern	00:13:26	00:50:35	00:11:06	00:10:36	00:21:41	01:29:40
5	2	Clare	Ryan	00:13:43	00:50:57	00:10:50	00:10:26	00:21:16	01:31:46
6	27	Grainne	Wall	00:10:10	00:53:54	00:11:58	00:11:13	00:23:11	01:32:57
7	13	Evelyn	Slye	00:14:40	00:52:40	00:12:03	00:11:15	00:23:18	01:34:57
8	1	Jane	Adam	00:12:44	00:55:59	00:11:11	00:10:21	00:21:32	01:35:25
9	16	Breeta	Allen	00:18:05	00:50:06	00:10:55	00:10:24	00:21:18	01:35:46

## Relay Team

Place	bib	firstname	lastname	Swim	cycle	lap1	lap2	Run	Overall
1	7	Lynda	Barnes	00:11:22	00:42:00	00:10:07	00:10:12	00:20:18	01:16:53