

Endurance Journey Rise and Tri Sprint W1

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	MARTIN TOM		SPRINT DISTANCE	165	01:10:46.58	02:45	21.8kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:10:41.494	16:14	3.7kph	00:10:41.494	
					T1	00:01:21.353		0.0kph	00:12:02.847	
					Bike	00:38:11.443	01:54	31.4kph	00:50:14.290	
					T2	00:00:52.362		0.0kph	00:51:06.652	
					Run	00:19:39.930	03:55	15.3kph	01:10:46.582	
2	MILLER BRETT		SPRINT DISTANCE	162	01:10:51.96	02:45	21.7kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:13:30.547	20:31	2.9kph	00:13:30.547	
					T1	00:00:41.413		0.0kph	00:14:11.960	
					Bike	00:38:09.101	01:54	31.5kph	00:52:21.061	
					T2	00:00:17.030		0.0kph	00:52:38.091	
					Run	00:18:13.875	03:38	16.5kph	01:10:51.966	
3	PARKINSON MIKE		SPRINT DISTANCE	175	01:11:39.73	02:47	21.5kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:12:13.661	18:34	3.2kph	00:12:13.661	
					T1	00:00:37.018		0.0kph	00:12:50.679	
					Bike	00:37:56.177	01:53	31.6kph	00:50:46.856	
					T2	00:00:37.900		0.0kph	00:51:24.756	
					Run	00:20:14.977	04:02	14.8kph	01:11:39.733	
4	FIORITO FABIO		SPRINT DISTANCE	153	01:12:04.37	02:48	21.4kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:11:11.913	17:01	3.5kph	00:11:11.913	
					T1	00:01:27.186		0.0kph	00:12:39.099	
					Bike	00:40:09.573	02:00	29.9kph	00:52:48.672	
					T2	00:00:21.768		0.0kph	00:53:10.440	
					Run	00:18:53.939	03:46	15.9kph	01:12:04.379	
5	MOORE KYLE		SPRINT DISTANCE	181	01:15:03.95	02:55	20.5kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:15:03.470	22:53	2.6kph	00:15:03.470	
					T1	00:01:40.363		0.0kph	00:16:43.833	
					Bike	00:40:31.968	02:01	29.6kph	00:57:15.801	
					T2	00:00:24.192		0.0kph	00:57:39.993	
					Run	00:17:23.966	03:28	17.2kph	01:15:03.959	
6	TORGUNRUD STAN		SPRINT DISTANCE	135	01:15:14.62	02:55	20.5kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:12:21.545	18:46	3.2kph	00:12:21.545	
					T1	00:01:17.444		0.0kph	00:13:38.989	
					Bike	00:42:10.807	02:06	28.4kph	00:55:49.796	
					T2	00:00:20.272		0.0kph	00:56:10.068	
					Run	00:19:04.554	03:48	15.7kph	01:15:14.622	
7	ELLSWORTH MARK		SPRINT DISTANCE	133	01:20:39.54	03:08	19.1kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:14:42.860	22:21	2.7kph	00:14:42.860	
					T1	00:00:43.735		0.0kph	00:15:26.595	
					Bike	00:41:06.506	02:03	29.2kph	00:56:33.101	
					T2	00:00:39.487		0.0kph	00:57:12.588	
					Run	00:23:26.954	04:41	12.8kph	01:20:39.542	
8	SEAMAN JENNIFER		SPRINT DISTANCE	154	01:22:02.58	03:11	18.8kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:13:20.813	20:17	3.0kph	00:13:20.813	
					T1	00:00:42.428		0.0kph	00:14:03.241	
					Bike	00:44:49.757	02:14	26.8kph	00:58:52.998	
					T2	00:00:28.196		0.0kph	00:59:21.194	
					Run	00:22:41.390	04:32	13.2kph	01:22:02.584	

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
9	CARTER CLAIRE		SPRINT DISTANCE	125	01:22:54.26	03:13	18.6kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:13:01.925	19:48	3.0kph	00:13:01.925	
					T1	00:02:37.291		0.0kph	00:15:39.216	
					Bike	00:42:19.910	02:06	28.3kph	00:57:59.126	
					T2	00:00:37.209		0.0kph	00:58:36.335	
					Run	00:24:17.932	04:51	12.3kph	01:22:54.267	
10	TIEFENBACH JASON		SPRINT DISTANCE	143	01:23:07.11	03:14	18.5kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:12:38.284	19:12	3.1kph	00:12:38.284	
					T1	00:00:29.826		0.0kph	00:13:08.110	
					Bike	00:46:18.288	02:18	25.9kph	00:59:26.398	
					T2	00:00:50.094		0.0kph	01:00:16.492	
					Run	00:22:50.624	04:34	13.1kph	01:23:07.116	
11	MOEN NICHOLE		SPRINT DISTANCE	151	01:23:54.49	03:16	18.3kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:09:56.612	15:06	4.0kph	00:09:56.612	
					T1	00:00:55.755		0.0kph	00:10:52.367	
					Bike	00:44:53.479	02:14	26.7kph	00:55:45.846	
					T2	00:00:21.803		0.0kph	00:56:07.649	
					Run	00:27:46.847	05:33	10.8kph	01:23:54.496	
12	YAU ALVIN		SPRINT DISTANCE	121	01:26:05.22	03:21	17.9kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:16:12.103	24:37	2.4kph	00:16:12.103	
					T1	00:01:30.225		0.0kph	00:17:42.328	
					Bike	00:45:36.360	02:16	26.3kph	01:03:18.688	
					T2	00:01:27.817		0.0kph	01:04:46.505	
					Run	00:21:18.721	04:15	14.1kph	01:26:05.226	
13	MOMBOURQUETTE DUANE		SPRINT DISTANCE	116	01:26:45.32	03:22	17.7kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:19:29.094	29:36	2.0kph	00:19:29.094	
					T1	00:00:45.388		0.0kph	00:20:14.482	
					Bike	00:41:20.861	02:04	29.0kph	01:01:35.343	
					T2	00:00:49.266		0.0kph	01:02:24.609	
					Run	00:24:20.718	04:52	12.3kph	01:26:45.327	
14	MUNRO JACQUI		SPRINT DISTANCE	186	01:27:00.10	03:23	17.7kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:11:49.190	17:57	3.3kph	00:11:49.190	
					T1	00:01:12.416		0.0kph	00:13:01.606	
					Bike	00:45:48.392	02:17	26.2kph	00:58:49.998	
					T2	00:00:24.069		0.0kph	00:59:14.067	
					Run	00:27:46.039	05:33	10.8kph	01:27:00.106	
15	AZCUETA JED JOSEPH		SPRINT DISTANCE	183	01:27:10.49	03:23	17.7kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:17:04.912	25:57	2.3kph	00:17:04.912	
					T1	00:01:32.436		0.0kph	00:18:37.348	
					Bike	00:46:22.666	02:19	25.9kph	01:05:00.014	
					T2	00:00:16.608		0.0kph	01:05:16.622	
					Run	00:21:53.872	04:22	13.7kph	01:27:10.494	
16	RUDER DALE		SPRINT DISTANCE	134	01:27:35.44	03:24	17.6kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:14:46.460	22:27	2.7kph	00:14:46.460	
					T1	00:01:03.911		0.0kph	00:15:50.371	
					Bike	00:43:26.376	02:10	27.6kph	00:59:16.747	
					T2	00:00:52.520		0.0kph	01:00:09.267	
					Run	00:27:26.178	05:29	10.9kph	01:27:35.445	

Endurance Journey Rise and Tri Sprint W1

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
17	HILLEBREGT MARISKA		SPRINT DISTANCE	164	01:27:44.36	03:25	17.5kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Swim	00:15:23.367	23:23	2.6kph	00:15:23.367	
					T1	00:00:51.147		0.0kph	00:16:14.514	
					Bike	00:46:19.409	02:18	25.9kph	01:02:33.923	
					T2	00:00:10.497		0.0kph	01:02:44.420	
					Run	00:24:59.940	04:59	12.0kph	01:27:44.360	
18	HILTS-MOST BARB		SPRINT DISTANCE	174	01:27:44.80	03:25	17.5kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Swim	00:16:45.256	25:27	2.4kph	00:16:45.256	
					T1	00:00:57.410		0.0kph	00:17:42.666	
					Bike	00:45:42.968	02:17	26.2kph	01:03:25.634	
					T2	00:00:45.807		0.0kph	01:04:11.441	
					Run	00:23:33.359	04:42	12.7kph	01:27:44.800	
19	MCCALL WARREN		SPRINT DISTANCE	152	01:28:10.18	03:26	17.5kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Swim	00:12:34.872	19:07	3.1kph	00:12:34.872	
					T1	00:01:58.635		0.0kph	00:14:33.507	
					Bike	00:43:32.766	02:10	27.6kph	00:58:06.273	
					T2	00:00:56.831		0.0kph	00:59:03.104	
					Run	00:29:07.080	05:49	10.3kph	01:28:10.184	
20	KULCZYCKI CORY		SPRINT DISTANCE	144	01:28:45.75	03:27	17.3kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Swim	00:13:32.165	20:34	2.9kph	00:13:32.165	
					T1	00:01:27.808		0.0kph	00:14:59.973	
					Bike	00:41:41.472	02:05	28.8kph	00:56:41.445	
					T2	00:00:49.376		0.0kph	00:57:30.821	
					Run	00:31:14.931	06:14	9.6kph	01:28:45.752	
21	IRVINE HEATHER		SPRINT DISTANCE	123	01:30:52.65	03:32	16.9kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Swim	00:15:47.135	23:59	2.5kph	00:15:47.135	
					T1	00:01:35.989		0.0kph	00:17:23.124	
					Bike	00:46:50.830	02:20	25.6kph	01:04:13.954	
					T2	00:01:04.959		0.0kph	01:05:18.913	
					Run	00:25:33.737	05:06	11.7kph	01:30:52.650	
22	HARASEN KAREN		SPRINT DISTANCE	182	01:31:32.86	03:34	16.8kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Swim	00:18:45.245	28:30	2.1kph	00:18:45.245	
					T1	00:00:54.693		0.0kph	00:19:39.938	
					Bike	00:43:05.219	02:09	27.9kph	01:02:45.157	
					T2	00:00:50.431		0.0kph	01:03:35.588	
					Run	00:27:57.273	05:35	10.7kph	01:31:32.861	
23	KRISTEN AMYOTTE		SPRINT DISTANCE	114	01:32:11.13	03:35	16.7kph	F	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Swim	00:18:09.476	27:35	2.2kph	00:18:09.476	
					T1	00:01:21.586		0.0kph	00:19:31.062	
					Bike	00:46:14.913	02:18	25.9kph	01:05:45.975	
					T2	00:00:50.284		0.0kph	01:06:36.259	
					Run	00:25:34.877	05:06	11.7kph	01:32:11.136	
24	KLEIN SHEILA		SPRINT DISTANCE	185	01:34:06.33	03:40	16.4kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>	
					Swim	00:15:18.948	23:16	2.6kph	00:15:18.948	
					T1	00:01:11.786		0.0kph	00:16:30.734	
					Bike	00:45:00.385	02:15	26.7kph	01:01:31.119	
					T2	00:00:38.707		0.0kph	01:02:09.826	
					Run	00:31:56.506	06:23	9.4kph	01:34:06.332	

Endurance Journey Rise and Tri Sprint W1

Line Through = Disqualified

Place Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
25	WILD SHERI	SPRINT DISTANCE	122	01:34:56.38	03:42	16.2kph	M	0	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Swim	00:16:30.795	25:05	2.4kph	00:16:30.795	
				T1	00:01:19.550		0.0kph	00:17:50.345	
				Bike	00:45:29.159	02:16	26.4kph	01:03:19.504	
				T2	00:01:23.797		0.0kph	01:04:43.301	
				Run	00:30:13.086	06:02	9.9kph	01:34:56.387	
26	LONDONO-SULKIN SARA	SPRINT DISTANCE	173	01:35:00.25	03:42	16.2kph	M	0	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Swim	00:15:31.440	23:35	2.5kph	00:15:31.440	
				T1	00:01:09.021		0.0kph	00:16:40.461	
				Bike	00:47:00.414	02:21	25.5kph	01:03:40.875	
				T2	00:00:42.818		0.0kph	01:04:23.693	
				Run	00:30:36.562	06:07	9.8kph	01:35:00.255	
27	ROBINSON ANNA	SPRINT DISTANCE	124	01:35:07.45	03:42	16.2kph	M	0	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Swim	00:17:27.163	26:31	2.3kph	00:17:27.163	
				T1	00:01:29.124		0.0kph	00:18:56.287	
				Bike	00:44:43.404	02:14	26.8kph	01:03:39.691	
				T2	00:01:24.834		0.0kph	01:05:04.525	
				Run	00:30:02.926	06:00	10.0kph	01:35:07.451	
28	LEWIS ALISON	SPRINT DISTANCE	142	01:35:50.10	03:44	16.1kph	M	0	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Swim	00:15:08.911	23:01	2.6kph	00:15:08.911	
				T1	00:01:33.467		0.0kph	00:16:42.378	
				Bike	00:47:57.165	02:23	25.0kph	01:04:39.543	
				T2	00:01:00.133		0.0kph	01:05:39.676	
				Run	00:30:10.429	06:02	9.9kph	01:35:50.105	
29	GUMBAN DHON	SPRINT DISTANCE	172	01:35:51.09	03:44	16.1kph	M	0	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Swim	00:19:31.396	29:40	2.0kph	00:19:31.396	
				T1	00:01:18.767		0.0kph	00:20:50.163	
				Bike	00:43:01.880	02:09	27.9kph	01:03:52.043	
				T2	00:00:50.784		0.0kph	01:04:42.827	
				Run	00:31:08.265	06:13	9.6kph	01:35:51.092	
30	CHRISTINA CHASSON	SPRINT DISTANCE	145	01:39:28.81	03:52	15.5kph	F	0	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Swim	00:12:34.847	19:07	3.1kph	00:12:34.847	
				T1	00:02:02.559		0.0kph	00:14:37.406	
				Bike	00:54:40.755	02:44	21.9kph	01:09:18.161	
				T2	00:00:48.352		0.0kph	01:10:06.513	
				Run	00:29:22.297	05:52	10.2kph	01:39:28.810	
31	MACDONALD SANDY	SPRINT DISTANCE	163	01:39:53.08	03:53	15.4kph	M	0	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Swim	00:16:17.130	24:44	2.4kph	00:16:17.130	
				T1	00:00:55.841		0.0kph	00:17:12.971	
				Bike	00:52:30.832	02:37	22.9kph	01:09:43.803	
				T2	00:01:46.541		0.0kph	01:11:30.344	
				Run	00:28:22.744	05:40	10.6kph	01:39:53.088	
32	FRIESEN ASHLAN	SPRINT DISTANCE	141	01:40:58.23	03:56	15.2kph	M	0	
				<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
				Swim	00:12:43.299	19:20	3.1kph	00:12:43.299	
				T1	00:01:27.676		0.0kph	00:14:10.975	
				Bike	00:49:56.934	02:29	24.0kph	01:04:07.909	
				T2	00:01:43.346		0.0kph	01:05:51.255	
				Run	00:35:06.984	07:01	8.5kph	01:40:58.239	

Endurance Journey Rise and Tri Sprint W1

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
33	WICKS ELIZABETH		SPRINT DISTANCE	171	01:42:41.69	04:00	15.0kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:15:33.309	23:38	2.5kph	00:15:33.309	
					T1	00:01:32.890		0.0kph	00:17:06.199	
					Bike	00:55:50.892	02:47	21.5kph	01:12:57.091	
					T2	00:00:16.715		0.0kph	01:13:13.806	
					Run	00:29:27.885	05:53	10.2kph	01:42:41.691	
34	ALLAN STACY		SPRINT DISTANCE	131	01:43:11.12	04:01	14.9kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:15:43.547	23:53	2.5kph	00:15:43.547	
					T1	00:01:17.660		0.0kph	00:17:01.207	
					Bike	00:51:46.672	02:35	23.2kph	01:08:47.879	
					T2	00:00:55.731		0.0kph	01:09:43.610	
					Run	00:33:27.514	06:41	9.0kph	01:43:11.124	
35	JAMES DUBRIEL		SPRINT DISTANCE	113	01:43:46.26	04:02	14.8kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:20:51.790	31:42	1.9kph	00:20:51.790	
					T1	00:01:11.560		0.0kph	00:22:03.350	
					Bike	00:44:52.687	02:14	26.7kph	01:06:56.037	
					T2	00:01:14.837		0.0kph	01:08:10.874	
					Run	00:35:35.395	07:07	8.4kph	01:43:46.269	
36	SELINGER DEANNE		SPRINT DISTANCE	32	01:44:08.46	04:03	14.8kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:15:29.853	23:33	2.5kph	00:15:29.853	
					T1	00:01:31.144		0.0kph	00:17:00.997	
					Bike	00:56:52.029	02:50	21.1kph	01:13:53.026	
					T2	00:01:02.416		0.0kph	01:14:55.442	
					Run	00:29:13.027	05:50	10.3kph	01:44:08.469	
37	JAMES PERIH		SPRINT DISTANCE	115	01:44:16.79	04:03	14.8kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:19:32.420	29:41	2.0kph	00:19:32.420	
					T1	00:02:20.151		0.0kph	00:21:52.571	
					Bike	00:45:45.533	02:17	26.2kph	01:07:38.104	
					T2	00:02:05.087		0.0kph	01:09:43.191	
					Run	00:34:33.601	06:54	8.7kph	01:44:16.792	
38	DANELLE REISS		SPRINT DISTANCE	111	02:03:09.36	04:47	12.5kph	F	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:17:23.074	26:25	2.3kph	00:17:23.074	
					T1	00:03:21.523		0.0kph	00:20:44.597	
					Bike	00:59:53.748	02:59	20.0kph	01:20:38.345	
					T2	00:01:54.844		0.0kph	01:22:33.189	
					Run	00:40:36.173	08:07	7.4kph	02:03:09.362	
39	AULIE TANNER		SPRINT DISTANCE	155	01:11:13.68	02:46	21.6kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:12:25.439	18:52	3.2kph	00:12:25.439	
					T1	00:01:01.555		0.0kph	00:13:26.994	
					Bike	00:41:36.668	02:04	28.8kph	00:55:03.662	
					T2	00:00:49.153		0.0kph	00:55:52.815	
					Run	00:15:20.874	03:04	19.5kph	01:11:13.689	
40	HIPPERSON GORDON		SPRINT DISTANCE	161	01:16:04.50	02:57	20.2kph	M	0	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Swim	00:13:56.020	21:10	2.8kph	00:13:56.020	
					T1	00:01:03.985		0.0kph	00:15:00.005	
					Bike	00:41:17.749	02:03	29.1kph	00:56:17.754	
					T2	00:01:08.019		0.0kph	00:57:25.773	
					Run	00:18:38.734	03:43	16.1kph	01:16:04.507	