Athy Triathlon Club – Flat Out Duathlon Results 2022

Overall	Time	Age Rank	Age Group	First Name	Last Name	Bib Number	Club	Run/Swim	T1	Bike	T2	Run
1	00:56:15	1	From 30 to 34, (NS)	Anthony	Obrien	105	-	00:09:52	00:00:32	00:35:04	00:00:26	00:10:21
2	00:57:04	1	From 40 to 44, (NS)	Enda	Bagnall	2	Eden Tri Cl	00:10:14	00:00:20	00:35:06	00:00:31	00:10:53
3	00:58:19	2	From 30 to 34, (NS)	Matthew	Carroll	20	Naas TC	00:10:47	00:00:19	00:35:43	00:00:25	00:11:05
4	00:58:32	3	From 30 to 34, (NS)	Ross	Collins	22	-	00:10:47	00:00:20	00:36:17	00:00:29	00:10:39
5	00:58:33	1	From 45 to 49, (NS)	Ciaran	Steed	122	-	00:10:47	00:00:31	00:35:48	00:00:31	00:10:56
6	00:58:39	1	From 18 to 19, (NS)	Aleksander	Lanecki	74	-	00:10:31	00:00:22	00:36:11	00:00:26	00:11:09
7	00:59:09	2	From 45 to 49, (NS)	Bernard	Keane	68	Waterford	00:10:48	00:00:35	00:36:22	00:00:24	00:11:00
8	00:59:33	2	From 40 to 44, (NS)	Eoin	Bailey	3	New Ross	00:10:46	00:00:25	00:35:57	00:00:23	00:12:02
9	00:59:38	1	From 50 to 54, (NS)	Adriele	PRINA-MELLO	108	Belpark Tri	00:10:49	00:00:22	00:36:33	00:00:30	00:11:24
10	00:59:50	3	From 40 to 44, (NS)	Alan	Connolly	27	Eden Tri Cl	00:11:04	00:00:34	00:35:52	00:00:30	00:11:50
11	01:00:27	4	From 40 to 44, (NS)	Mark	Dowling	39	Naas TC	00:10:48	00:00:40	00:36:57	00:00:30	00:11:32
12	01:01:03	3	From 45 to 49, (NS)	William	Byrne	17	-	00:10:45	00:00:24	00:37:35	00:00:24	00:11:55
13	01:02:25	1	From 25 to 29, (NS)	Gary	Condell	25	Trilogy Tri	00:11:31	00:00:27	00:37:49	00:00:27	00:12:11
14	01:03:37	4	From 30 to 34, (NS)	Niall	Kirby	73	-	00:10:48	00:00:41	00:39:22	00:00:43	00:12:03
15	01:04:10	1	From 16 to 17, (-)	Finn	Buck	13	Wicklow T	00:11:18	00:00:31	00:39:56	00:00:32	00:11:53
16	01:04:16	5	From 30 to 34, (-)	Daniel	Mac Mahon	80	-	00:11:33	00:00:44	00:39:04	00:00:44	00:12:11
17	01:04:25	6	From 30 to 34, (NS)	Tadgh	Moriarty	94	-	00:11:07	00:00:19	00:41:28	00:00:16	00:11:15
18	01:04:28	4	From 45 to 49, (NS)	Brendan	Buck	12	Wicklow T	00:12:37	00:00:22	00:37:53	00:00:23	00:13:13
19	01:04:50	7	From 30 to 34, (-)	Jeff	Delaney	34	-	00:11:23	00:00:24	00:40:08	00:00:23	00:12:32
20	01:05:04	1	From 35 to 39, (NS)	Seamus	McEnhill	89	Carlow TC	00:11:25	00:00:44	00:39:59	00:00:36	00:12:20
21	01:05:11	5	From 45 to 49, (NS)	Sean	Allis	1	West Cork	00:11:57	00:00:33	00:39:24	00:00:47	00:12:30
22	01:05:16	2	From 35 to 39, (NS)	Johnny	Delaney	35	-	00:11:47	00:00:26	00:39:21	00:01:02	00:12:40
23	01:05:18	1	From 30 to 34, (NS)	Ciara	Wilson	131	-	00:11:13	00:00:25	00:41:36	00:00:33	00:11:31
24	01:05:47	2	From 50 to 54, (NS)	Gary	Crossan	31	-	00:11:39	00:00:29	00:40:35	00:00:31	00:12:33
25	01:06:02	5	From 40 to 44, (NS)	Paul	Flood	54	Kilkenny T	00:12:00	00:00:24	00:40:35	00:00:35	00:12:28
26	01:06:14	6	From 40 to 44, (NS)	Joao	Esteves	50	Belpark Tri	00:12:10	00:00:35	00:39:45	00:00:25	00:13:19

Pos	Time	Cat Pos	Category	First	Last	No	Club	Swim	T1	Bike	T2	Run
27	01:06:15	1	From 40 to 44, (NS)	Kim	Hickey	61	Pulse TC	00:11:59	00:00:34	00:41:04	00:00:29	00:12:09
28	01:07:12	1	From 55 to 59, (NS)	Damian	Strain	123	Omagh TC	00:12:43	00:00:28	00:38:21	00:00:52	00:14:48
29	01:07:27	2	From 55 to 59, (NS)	Brian	Cunningham	32	-	00:12:28	00:01:29	00:39:31	00:00:58	00:13:01
30	01:07:30	2	From 30 to 34, (NS)	Jennifer	O'Sullivan	102	-	00:11:40	00:00:21	00:42:06	00:00:30	00:12:53
31	01:07:40	6	From 45 to 49, (NS)	Andres	Reid	111	-	00:12:29	00:00:53	00:41:08	00:00:39	00:12:31
32	01:08:00	7	From 45 to 49, (-)	Joe	Kelly	69	-	00:13:17	00:00:59	00:38:48	00:00:41	00:14:15
33	01:08:02	8	From 45 to 49, (NS)	Cornelius	Marshall	85	South Coa	00:10:51	00:00:53	00:43:48	00:01:06	00:11:24
34	01:08:05	3	From 55 to 59, (NS)	Sam	Cordner	30	Lisburn TC	00:11:56	00:00:51	00:42:03	00:00:56	00:12:19
35	01:08:08	9	From 45 to 49, (NS)	Aaron	Mac hale	79	-	00:12:35	00:00:51	00:40:38	00:00:35	00:13:29
36	01:08:36	7	From 40 to 44, (NS)	Nigel	Elliott	49	Pulse TC	00:13:20	00:01:07	00:40:10	00:00:57	00:13:02
37	01:08:41	1	From 45 to 49, (NS)	Michelle	Doyle	41	Naas TC	00:13:15	00:00:49	00:40:29	00:00:31	00:13:37
38	01:09:39	8	From 40 to 44, (NS)	David	Kidd	72	Carlow TC	00:12:56	00:00:59	00:41:09	00:01:01	00:13:34
39	01:10:51	1	From 55 to 59, (NS)	Sharon	Cahill	19	Tralee Tri	00:12:31	00:00:50	00:43:24	00:01:10	00:12:56
40	01:10:54	3	From 50 to 54, (NS)	David	Bray	10	Piranha TC	00:13:24	00:00:37	00:42:30	00:00:35	00:13:48
41	01:11:15	9	From 40 to 44, (NS)	Gary	Brophy	11	-	00:12:32	00:00:44	00:43:14	00:01:19	00:13:26
42	01:11:35	4	From 50 to 54, (NS)	Paul	Bowe	7	Kilkenny T	00:12:55	00:00:35	00:43:30	00:00:53	00:13:42
43	01:11:46	10	From 40 to 44, (-)	Richard	Dalton	33	-	00:11:25	00:00:51	00:45:50	00:01:07	00:12:33
44	01:11:54	4	From 55 to 59, (NS)	Sean	Farrell	51	3D Triathl	00:13:47	00:00:46	00:42:32	00:00:49	00:14:00
45	01:12:24	3	From 35 to 39, (NS)	Tim	Dunleavy	45	Naas TC	00:12:12	00:00:44	00:45:08	00:00:42	00:13:38
46	01:13:20	8	From 30 to 34, (NS)	Matt	Lynch	78	-	00:12:57	00:01:11	00:44:52	00:00:37	00:13:43
47	01:13:31	5	From 50 to 54, (-)	Christopher	Hayden	59	-	00:12:47	00:01:04	00:45:23	00:00:38	00:13:39
48	01:13:37	10	From 45 to 49, (NS)	Martyn	Walsh	130	Kilkenny T	00:14:24	00:00:44	00:42:55	00:00:31	00:15:03
49	01:13:43	11	From 45 to 49, (NS)	Keith	gibson	57	-	00:13:04	00:00:55	00:44:29	00:00:50	00:14:25
50	01:14:04	12	From 45 to 49, (NS)	Trevor	Spillane	121	Kilkenny T	00:12:46	00:00:51	00:46:44	00:00:37	00:13:06
51	01:14:16	13	From 45 to 49, (NS)	Ronan	Doyle	42	-	00:14:20	00:01:04	00:42:38	00:01:21	00:14:53
52	01:14:16	2	From 40 to 44, (NS)	Alicja	Olejniczak	107	-	00:14:06	00:00:43	00:43:30	00:00:55	00:15:02
53	01:14:38	6	From 50 to 54, (-)	Henry	Reid	112	-	00:13:22	00:01:16	00:44:31	00:00:41	00:14:48
54	01:15:02	4	From 35 to 39, (NS)	Paddy	Shortall	118	Kilkenny T	00:13:13	00:00:36	00:45:52	00:00:45	00:14:36
55	01:15:32	5	From 35 to 39, (NS)	Anthony	Mooney	93	Kilkenny T	00:13:35	00:00:44	00:45:34	00:00:38	00:15:01
56	01:15:39	1	From 50 to 54, (NS)	Donna	Mahon	83	Belpark Tri	00:12:59	00:00:42	00:47:40	00:00:49	00:13:29
57	01:16:13	11	From 40 to 44, (NS)	Buddy	Connolly	28	Eden Tri Cl	00:13:10	00:00:47	00:47:25	00:00:27	00:14:24
58	01:16:26	12	From 40 to 44, (NS)	Gustavo	Longo	77	Portmarnc	00:14:37	00:00:41	00:46:13	00:00:45	00:14:10

59	01:17:24	6	From 35 to 39, (-)	Simon	Murphy	97	-	00:12:44	00:01:11	00:48:32	00:00:24	00:14:33
60	01:17:36	5	From 55 to 59, (NS)	Gerard	Byrne	16	Fingal TC	00:14:14	00:00:56	00:47:31	00:00:35	00:14:20
61	01:17:47	13	From 40 to 44, (NS)	Eoin	Ó Luasaigh	101	Tinahely T	00:12:42	00:01:11	00:49:23	00:00:55	00:13:36
62	01:17:50	2	From 50 to 54, (NS)	Deirdre	Keogh	71	-	00:14:34	00:00:50	00:45:29	00:01:19	00:15:38
63	01:18:09	1	From 60 to 64, (NS)	William	Purcell	109	Trilogy Tri	00:13:52	00:00:25	00:48:29	00:00:26	00:14:57
64	01:19:02	6	From 55 to 59, (NS)	Gary	Collins	23	-	00:15:18	00:01:22	00:45:52	00:01:07	00:15:23
65	01:19:57	14	From 40 to 44, (-)	Mariusz	Jonczyk	65	-	00:12:51	00:00:33	00:51:53	00:00:23	00:14:17
66	01:20:06	2	From 45 to 49, (NS)	Maire	Marshall	86	South Coa	00:14:18	00:01:15	00:48:52	00:00:50	00:14:51
67	01:20:19	3	From 40 to 44, (NS)	Elizabeth	Shouldice	119	Fingal TC	00:14:08	00:01:35	00:48:40	00:01:16	00:14:40
68	01:20:20	3	From 50 to 54, (NS)	Suzanne	Dunne	48	Carlow TC	00:14:10	00:01:32	00:48:27	00:01:26	00:14:45
69	01:20:40	1	From 65 to 69, (NS)	Timothy	Horgan	63	Killarney T	00:15:16	00:01:19	00:47:25	00:00:53	00:15:47
70	01:20:51	4	From 40 to 44, (NS)	Joanne	Bradbury	8	-	00:14:37	00:00:50	00:48:48	00:01:08	00:15:28
71	01:21:18	7	From 50 to 54, (NS)	Colm	Kavanagh	67	-	00:13:55	00:00:27	00:52:44	00:00:26	00:13:46
72	01:21:24	2	From 55 to 59, (NS)	Joanne	Bingham	6	Olympian	00:14:52	00:00:23	00:50:26	00:00:26	00:15:17
73	01:21:28	7	From 35 to 39, (NS)	Jeff	Taylor	125	-	00:15:07	00:00:35	00:48:57	00:00:37	00:16:12
74	01:21:47	5	From 40 to 44, (-)	Evelyn	OBrien	106	Athy Triatl	00:14:35	00:00:39	00:49:54	00:00:22	00:16:17
75	01:22:27	9	From 30 to 34, (NS)	Liam	Walsh	129	Kilkenny T	00:13:58	00:00:28	00:52:17	00:00:24	00:15:20
76	01:22:58	2	From 16 to 17, (-)	CAOLAN	FENNELL	52	Athy Triatl	00:13:57	00:00:21	00:53:07	00:00:41	00:14:52
77	01:23:29	6	From 40 to 44, (NS)	Sharon	Brannigan	9	-	00:15:42	00:01:08	00:48:07	00:01:00	00:17:32
78	01:23:39	14	From 45 to 49, (-)	Andrea	Della-Chiesa	36	-	00:15:37	00:01:17	00:49:14	00:00:55	00:16:36
79	01:23:55	15	From 40 to 44, (NS)	Niall	Jones	66	-	00:15:10	00:01:29	00:50:27	00:00:45	00:16:04
80	01:23:58	10	From 30 to 34, (-)	David	Linehan	76	-	00:14:17	00:00:33	00:52:53	00:00:27	00:15:48
81	01:24:02	8	From 50 to 54, (NS)	Kieran	Ryan	117	Naas TC	00:17:06	00:00:59	00:47:19	00:00:46	00:17:52
82	01:25:12	16	From 40 to 44, (NS)	Bryan	Duignan	44	Carlow TC	00:16:18	00:00:52	00:50:28	00:00:40	00:16:54
83	01:25:39	17	From 40 to 44, (-)	Michael	Ramos	110	-	00:14:27	00:01:43	00:52:50	00:01:06	00:15:33
84	01:25:39	15	From 45 to 49, (-)	Edwin	Tayag	124	-	00:14:38	00:01:02	00:53:15	00:00:47	00:15:57
85	01:25:50	3	From 45 to 49, (NS)	Emma	Hingston	62	Lisburn TC	00:15:39	00:00:50	00:51:14	00:00:39	00:17:28
86	01:26:21	3	From 55 to 59, (NS)	Diane	Cordner	29	Lisburn TC	00:15:40	00:00:54	00:52:19	00:01:01	00:16:27
87	01:26:46	9	From 50 to 54, (NS)	Ian	Bell	5	Athy Triatl	00:16:14	00:01:10	00:50:45	00:00:47	00:17:50
88	01:27:13	16	From 45 to 49, (NS)	Gavin	Finn	53	Wexford T	00:14:31	00:00:33	00:56:26	00:00:33	00:15:10
89	01:27:31	7	From 55 to 59, (NS)	Paul	McGrane	91	Pulse TC	00:14:52	00:00:55	00:54:22	00:00:49	00:16:33
90	01:27:50	18	From 40 to 44, (-)	Jamie	Cassells	21	-	00:16:15	00:00:44	00:53:48	00:00:56	00:16:07

91	01:28:24	2	From 60 to 64, (-)	colman	larkin	75	-	00:15:35	00:01:06	00:53:58	00:00:59	00:16:46
92	01:29:11	1	From 60 to 64, (NS)	Majella	Ní Chríocháin	100	-	00:16:24	00:00:56	00:53:00	00:01:09	00:17:42
93	01:29:18	2	From 25 to 29, (-)	Kealan	Hegarty	60	-	00:14:08	00:00:41	00:58:36	00:00:26	00:15:27
94	01:29:39	8	From 55 to 59, (NS)	Donal	Tutty	127	Pulse TC	00:16:46	00:01:36	00:52:19	00:01:14	00:17:44
95	01:30:43	4	From 45 to 49, (NS)	Noreen	Mallon	84	-	00:18:56	00:00:43	00:50:57	00:00:58	00:19:09
96	01:32:19	3	From 30 to 34, (-)	Aggie	Buckley	14	-	00:15:33	00:00:50	00:58:19	00:00:34	00:17:03
97	01:32:42	10	From 50 to 54, (-)	Adrian	Murphy	96	-	00:16:33	00:00:29	00:55:02	00:00:38	00:20:00
98	01:32:49	4	From 50 to 54, (NS)	Emma	McGrane	90	Pulse TC	00:15:09	00:01:09	00:58:19	00:00:46	00:17:26
99	01:33:06	4	From 30 to 34, (-)	Niamh	Ronan	114	-	00:16:39	00:01:25	00:57:53	00:00:32	00:16:37
100	01:33:39	9	From 55 to 59, (NS)	Peter	Dobbyn	38	-	00:16:41	00:00:30	00:56:54	00:00:29	00:19:05
101	01:34:25	7	From 40 to 44, (-)	Deirdre	Ivory	64	-	00:16:38	00:00:51	00:58:27	00:00:34	00:17:55
102	01:35:14	8	From 35 to 39, (-)	Rogeren	Velano	128	-	00:17:02	00:01:04	00:55:05	00:01:43	00:20:20
103	01:35:22	8	From 40 to 44, (-)	Helena	O'Toole	104	-	00:16:38	00:01:29	00:57:22	00:00:58	00:18:55
104	01:35:23	17	From 45 to 49, (-)	Glenn	Dunne	46	-	00:16:43	00:00:45	00:59:08	00:00:36	00:18:11
105	01:36:51	18	From 45 to 49, (NS)	David	Murphy	99	Kilkenny Ti	00:14:37	00:00:59	01:04:44	00:00:35	00:15:56
106	01:37:33	1	From 35 to 39, (NS)	Patricia	Connell	26	Athlone T(	00:17:18	00:01:47	00:58:15	00:00:50	00:19:23
107	01:37:33	19	From 40 to 44, (NS)	Ambrose	Duggan	43	Athlone T(	00:16:00	00:00:55	00:52:24	00:08:50	00:19:24
108	01:43:53	20	From 40 to 44, (-)	Sebastian	Baranowski	4	-	00:17:42	00:01:21	00:57:59	00:01:44	00:25:07